21-DAY FLAT-BELLY PLAN p178

SHAPE

Love your shape!



Eat Up, Slim Down

ROCK THOSE ABS!

Pistachios: YOUR NEW POWER SNACK p138

Olivia WILDE
This hot body after baby—the *real* truth

Best beauty steals!
$20 or less!

METABOLISM MAGIC TRICKS
5 super fat burners

FULL-BODY TONE-UP

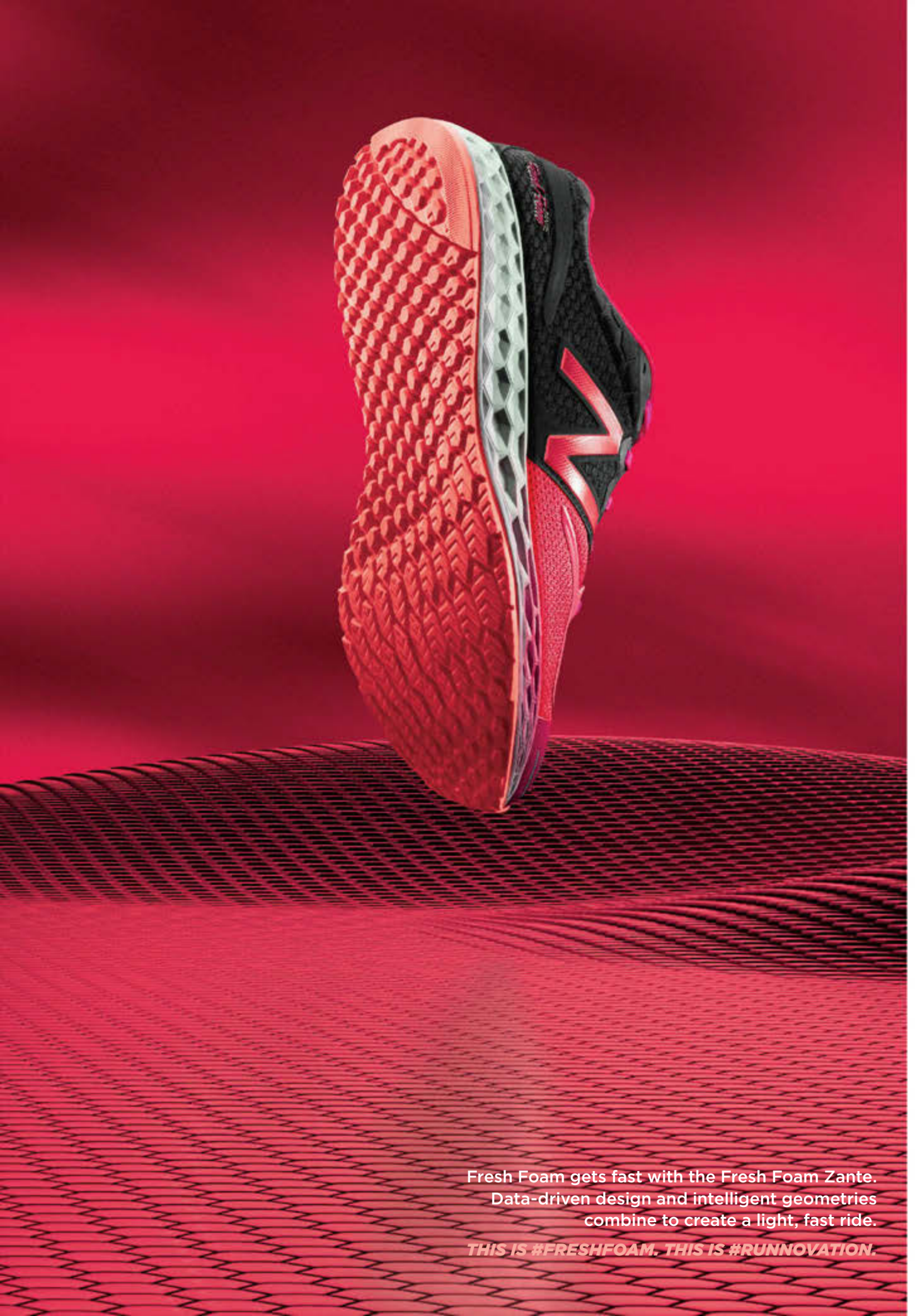
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→ Curvy Hips

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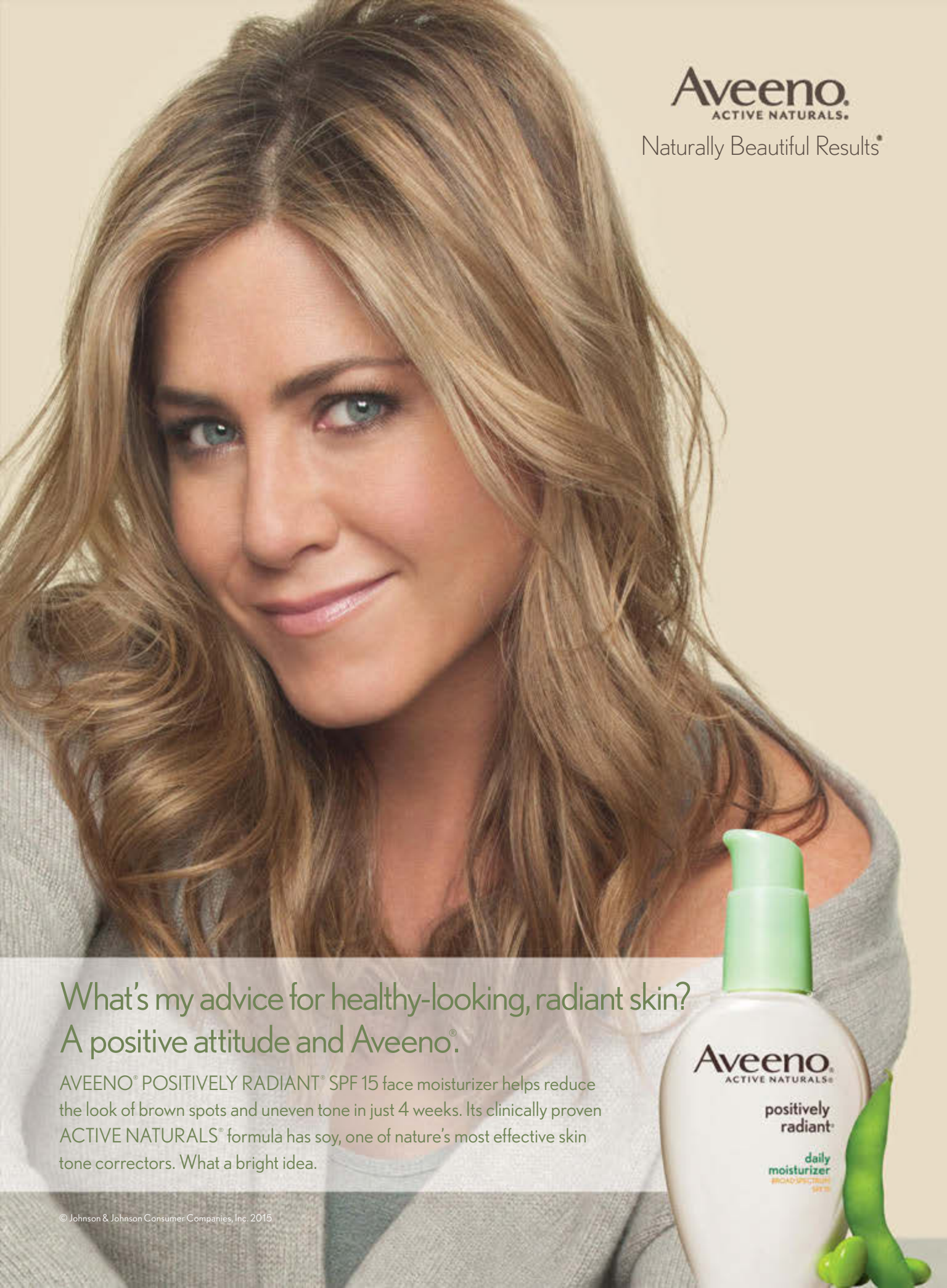

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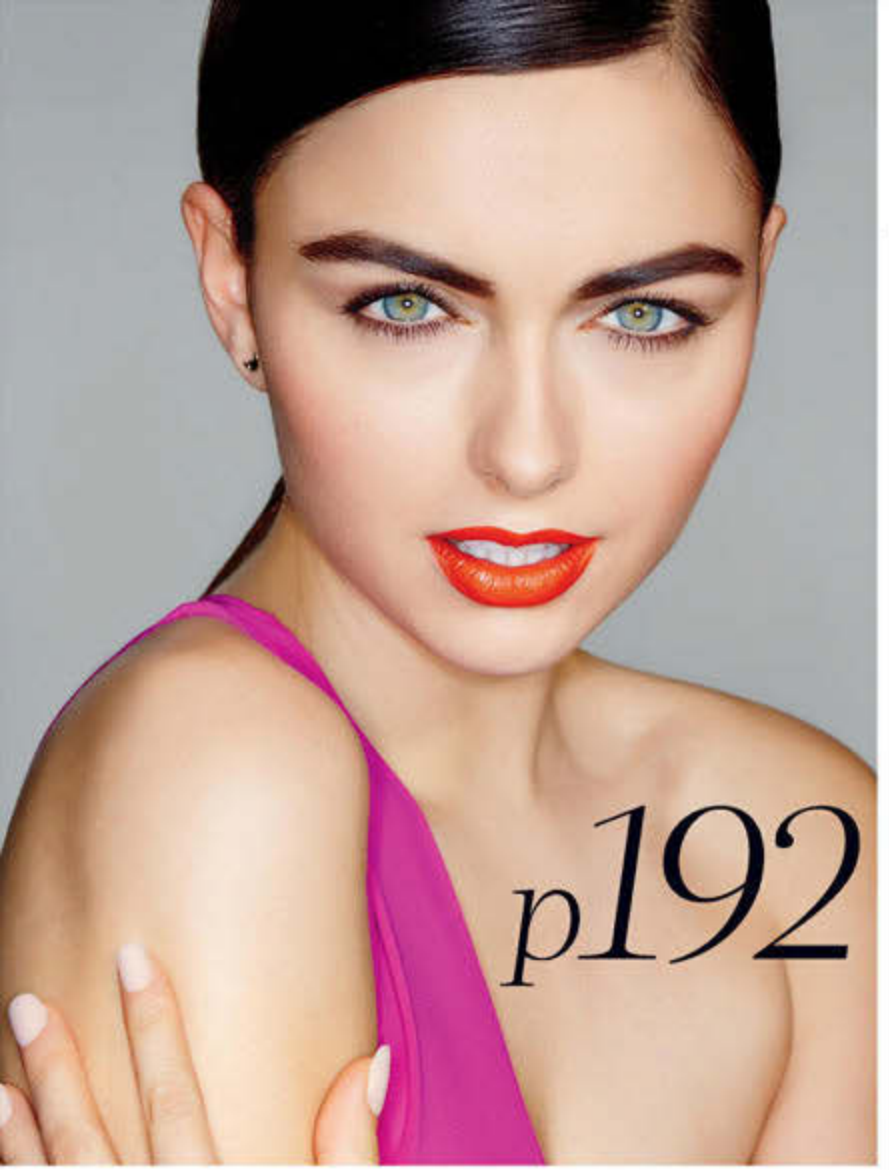
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April 2015



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"Get the slim, defined physique you want, and the strong, clear mind you need."


Aveeno
ACTIVE NATURALS
Naturally Beautiful Results®
What's my advice for healthy-looking, radiant skin?
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ACTIVE NATURALS
positively radiant
daily moisturizer
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ON OUR COVER
Photographs by Tesh; styling by Audrey Slater; hair by Joshua Ristaino/ The Magnet Agency for R + Co.; makeup by Gloria Noto/ Atelier Management using Chanel Rouge Coco; manicure by Martha Fekete using Chanel Le Vernis. **On Olivia:** Triangl Swimwear bikini top ($89 for bikini set; triangl.com). Alexander Wang skirt ($350; shopbop.com). EF Collection necklace ($1,250; efcollection.com). Graziela Gems ring ($3,300; grazielagems.com). All other jewelry, Olivia's own.

Unilever

"Finally, the fuller, thicker-looking hair I've always wanted."



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Master any exercise move

DO A CHIN-UP, nail crane pose, memorize the steps of a Turkish getup, don't let double unders scare you... If this sounds like your workout wish list, check out shape.com/masterthis move. There you'll learn how to ace complicated moves like these and conquer your fitness fears with step-by-step breakdowns from the pros. (Plus, you'll look like a total badass.) Share your accomplishments with us on Instagram and Twitter by snapping a photo of you perfecting the exercises. Tag @shape_magazine with the hashtag #MasterThisMove.



Fit tips from the Tone It Up girls

JUMP-START your bikini body with Karena Dawn and Katrina Scott on page 84, then go to shape.com/toneitup to see more behind-the-scenes photos from the shoot and to get in on their motivating secrets.

HEALTHY EATING MADE EASY

WHIP UP vegetable nori rolls in no time or learn to squeeze more micronutrients into your diet. Our new video series teaches you how to cook with unique, healthy ingredients like fermented foods, seaweed, chia seeds, and more. Get skilled at shape.com/howtoeat.

Wedding photograph by Corbis. Tone It Up Girls photograph by Riker Brothers. Fermented vegetables photograph by Travis Rathbone; food styling by Michelle Gatton for Stockland Martel; prop styling by Megumi Emoto for Anderson Hopkins. Chin-up photograph by Getty Images

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THE TAKEAWAY

A zone of your own



Sporty and floral can be happy together; getting in the Zen zone; a new take on wraps

FUNNY WORD, zone. It can have three entirely different meanings. Getting "in the zone" implies focus and determination. On the other hand, we associate "zoning out," with checking out, disengaging, or, as I like to think of it, just plain relaxing. The noun—an area or location—is less flexible, but still can take on new meaning when paired with an additional word or phrase.

I like the idea of embracing the term's inherent contradictions. Isn't it possible to be "in a zone" and "zone out" at the same time? Can't you execute intense focus while exercising and still achieve relaxation? To us at *Shape*, finding that axis is what makes a workout exceptional. On page 178, you will read about one of the most inspiring and exciting yoga routines I've encountered in a long time. I do yoga regularly, and find the combination of strength and silence to be physically and mentally rejuvenating, but often miss the breathlessness of cardio. In "Lean, Long & Strong," you'll find that a heart-rate boost doesn't mean losing the calm. By adding small, plyo-like movements to poses (think a series of mini-squats during chair pose) you get strength, mood-enhancing mindfulness, and a nice calorie burn all in one plan.

You'll find another zone where happiness and healthfulness meet on page 188. In "Discover the Blue Zone," we feature four dishes inspired by the Greek island of Ikaria, one of five longevity hot spots on the planet where people regularly push the 100-year mark. (Okinawa, Japan is the most well-known.) From rib-sticking chickpeas and stewed tomatoes to corn wrapped in collard green leaves, this is the type of food you serve friends and family with a good bottle of red wine, and pinch yourself knowing that in the middle of all this taste-bud-pleasing fun there is some serious nutrition going on.



Another place you'll find two seeming contradictions coexisting is in the honest, and honestly funny, essay on page 22 by our cover model Olivia Wilde. We all know the pressure celebrities (and women everywhere) feel to regain their pre-pregnancy bodies within weeks of giving birth. She felt it as acutely as anyone, but with quips like, "For a couple of weeks after you pop that sucker out, you are the walking wounded," it's clear that Wilde—gorgeous actress; mother; real, human woman—doesn't let these types of pressures get under her skin. She's truly in a zone of her own.

Elizabeth Goodman Artis
Editor in Chief

I WANT TO HEAR FROM YOU!
Email me at **askelizabeth@shape.com** with thoughts, questions, and feedback. Also, follow me on Instagram **@EGAEDITOR**.

Editor Photograph by Ondrea Barbe; hair by Bradley Irion/ABTP.com; makeup by Brian Duprey/Judy Casey, Inc. for NARS. Top photograph by Francisco Garcia. Food photograph by Hannah Whitaker. Fashion photograph by Meredith Jenks

PETER THOMAS ROTH

CLINICAL SKIN CARE

"MY GRANDMOTHER NEVER KNEW THE SECRET TO BEAUTIFUL SKIN WAS IN HER BACKYARD!"

-NOREEN DONOVAN ROTH



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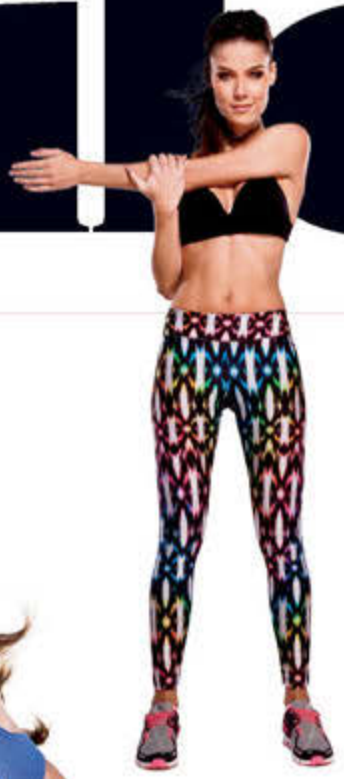
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the fit file

By Sara Angle

Add to your workout wardrobe

Track&Field, Brazil's largest sports-apparel brand, is expanding its footprint on U.S. soil this month, with a full website and store locations in New York, LA, and North Carolina. Fans of the brand's bright colors and festive patterns include fitness-loving models Alessandra Ambrosio and Izabel Goulart. The line runs the gamut from leggings to tennis skirts. And they launch new products every week, so you'll never get bored with your workout wardrobe. Clothes made with super-technical fabrics are a specialty, including one material that enhances blood circulation and reduces lactic acid accumulation by up to 35 percent, so your muscles feel less fatigued. ($49-$109; tfstore.com)



BRIGHT IDEAS Don't let the vibrant hues distract you from the high-tech features of these leggings. They're made with a special fabric that can actually help you recover faster.


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Use as directed. *In a 6-month placebo-controlled clinical study (n=404). **Based on mean hair strand diameter.

Shape's *Diva Dash—join in!*

NO JUMPING THROUGH FIRE or scrambling over barbed wire here—the *Shape* Diva Dash is an all-female 5K competition full of fun obstacles that challenge your strength, agility, balance, and speed, like climbing ropes and scaling walls. This year, *Shape* teamed up with Girls on the Run, the national nonprofit that inspires girls through running. Learn more and sign up at divadash.com.

There are veggies in this chocolate

YOU GET an entire serving of fruits and vegetables with one of **Aloha's Superfood Chocolate Bars.** Crazy, right? The vegan treat is packed with vitamins, minerals, and antioxidants from whole foods. Spinach, spirulina, and peas in your bar may sound weird, but the soft, creamy texture will remind you of an indulgent chocolate truffle. ($9; aloha.com)





YOUR NEW BIBLE

Chef April Bloomfield is known for her nose-to-tail cooking. But the two-time Michelin star chef turns her focus to veggies in her new cookbook, ***A Girl and Her Greens*** ($35; amazon.com). Of course she gets just as innovative with the earth as she always has with the farm. A few recipes to start drooling over: broccoli rabe morning buns, zucchini bread with a crunchy sugar topping, and a simple, cheesy green polenta.



FIT TIPS FROM...

Zuleikha Robinson

Actress on Fox's hit show *The Following*

Robinson listens to her body

Working out in the morning ensures you get it done and can't talk yourself out of it later! I try to do Pilates 2 or 3 times a week and barre class twice a week, but sometimes I choose to stay in bed. You have to go with what your body is telling you to do that day.

She loves natural beauty

It's never made any sense to me to put a bunch of chemicals on my skin. I'm just a hippie at heart. I like using natural oils instead of creams or lotions, and I love Isun Sapphire Facial Oil—it smells so yummy!

And she hits refresh often

My favorite thing to do when I come back to Los Angeles from a trip to the East Coast is wake up at 6 a.m. and go on a hike. Getting outside and into the quietness of nature feels meditative. I listen to classical music while I hike, and it's a really great way to get in some exercise and center myself.

Chocolate bar photograph by Travis Rathbone. Zuleikha photograph by FOX


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INSPIRATION

"If you want whole-body wellness, don't talk. Do."

–Naomi Whittel, founder and CEO of Reserveage Nutrition

COUNTING YOUR REPS JUST GOT EASIER

You can thank the **Atlas Wristband,** out this month. The watch-like device vibrates to mark the beginning and end of sets. It also recognizes different exercises and records each move, including active time, rest time, and the quality of your reps. (Yep, it knows if you're cheating.) "When you track reps and sets, you can see if you're progressing instead of just assuming you're making gains," says Felix Bangkuai, a Florida-based trainer. ($249; atlaswearables.com)



Cassey Ho, Pilates trainer, founder of the site Blogilates, and author of* Cassey Ho's Hot Body Year-Round, *out this month

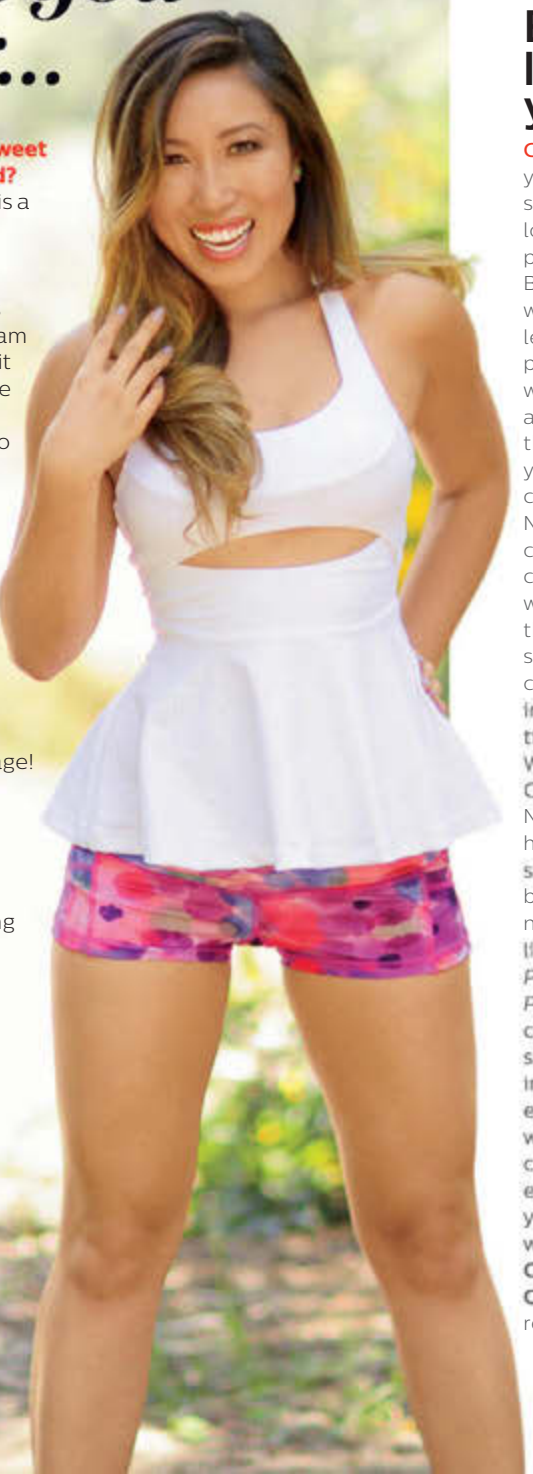
Would you rather...



Splurge on a sweet or a salty food?
Sweet. There is a cake at MILK, a bakery in LA, called the Blue Velvet Cake that has white-chocolate cream cheese frosting, and it is the best thing in the world. I don't even like cake, but this is so good! I think treating yourself every now and then can help you stay on track with your diet overall, because you feel less deprived.

Buy a new pair of sneakers or book a day at the spa?
I love getting a massage! There is a sensation I get when the massage therapist's knuckles and elbows knead my skin that is similar to the feeling of pushing through a tough workout. They both involve a release of muscle tension.

Sweat indoors or take it outside?
One of my favorite things to do when I'm in a new place is to run outside and turn my workout into a tour. The sun is so energizing!





Eat this, look younger

COLLAGEN: It makes your bones and joints strong and your skin look as perky as a pep-squad leader. But for years, the only way to improve the levels of this powerful protein in your skin were topical skincare and laser treatments that would stimulate your body's own collagen production. Now, for the first time, collagen that you consume can make its way to your face. "In the past 2 ½ years, the science around collagen has increased exponentially," says Naomi Whittel, founder and CEO of Reserveage Nutrition. "It's being hydrolyzed, so it's small enough for the body to absorb." Two new studies published in *Skin Pharmacology and Physiology* show that collagen peptide supplements can improve skin's elasticity within four weeks and reduce crow's feet within eight weeks. Snack your way smoother with **Reserveage Collagen Replenish Chews** ($22; reserveage.com).



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49 PISTACHIOS

- 160 calories
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Watch your backside.

13 FLAVORED TORTILLA CHIPS

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- 2 grams protein
- 1 gram fiber

Let's do some snackin' math. For the same calories, you get a lot more pistachios than flavored tortilla chips. Plus, pistachios are a good source of protein and fiber, and heart-friendly. And, a recent Harvard study suggests eating nuts seven times a week or more is as healthy as it is smart. So next time you grab a snack, use your brains. Your backside will thank you for it.



Get Crackin'

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2015 Paramount Farms International LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12461

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Tired of hearing how Hollywood's new moms "bounce back" so quickly after giving birth, the talented actress and witty writer decides to get real on the subject. But be warned: It's not for the faint of heart.

By Olivia Wilde

Olivia has something to say about body-after-baby. And it's not polite.

STAR STYLE
Fleur du Mal dress. Kelly Wearstler knuckle ring. *Worn throughout:* Earrings and initial necklace, Olivia's own.



"I loved being pregnant. I felt unapologetically curvy, sexy, and intensely feminine."

STAR STYLE
Emanuel Ungaro blouse. **Mimi Holliday** bra. **Vita Fede** necklace.

I AM NOT in perfect shape. In fact, I'm softer than I've ever been, including that unfortunate semester in high school when I simultaneously discovered Krispy Kreme and pot. The photos of me in this magazine have been generously constructed to show my best angles, and I assure you, good lighting has been warmly embraced. The truth is, I'm a mother, and I look like one. *(continued)*


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There is a general consensus that child-rearing should leave no trace on the modern woman's body. We are expected to appear as if we did not just house a human in our womb and then nurse said human while operating on one-third of the sleep every doctor recommends for nonpsychotic adults. "Baby? What baby? I'm 25 forever and ever!" [Olivia actually just turned 31.]

The bump, I dug it

Yes, I loved being pregnant. I felt unapologetically curvy, sexy, and intensely feminine. My experience was great, largely because I stayed very strong throughout. Pilates became a healthy habit, which helped me avoid common pregnancy woes like sciatica. I did SoulCycle until I was 8½ months, when I was physically incapable of walking between the bikes and had convinced them to turn the air-conditioning so high that my fellow spinners were actually freezing despite prolonged sprinting uphill.

Then, two weeks earlier than expected, came the birth—an extreme adventure that is definitely not for the faint of heart. That day was wild, but weirdly I can't wait to do it again. I confronted my own intense strength and was pretty damn impressed by it.

Now where did my body go?

Many people aren't familiar with the post-birth experience—and why should they be? The prevailing anecdotes about the first few weeks focus on the new tiny human's unbearably adorable face/feet/hands/belly/every other body part. But let me tell you now: For a couple of weeks after you pop that sucker out, you are the walking wounded.

First of all, you haven't seen your vagina in months, even though it's all her fault you're in this situation. Now that you can finally confirm that she is, in fact, still there, she isn't the gal you remember, and would rather you back off and give her some space (and an ice diaper) for the time being, thank you very much.

"After giving birth, I joined the ranks of millions of new mothers when I moaned, 'Why do I still look pregnant?'"

That gorgeous bump you proudly paraded around town for some 40 weeks has only retreated slightly after the birth. Now it's a lot like a partially deflated pool toy. After giving birth, I joined the ranks of millions of new mothers when I moaned, "Why do I still look pregnant? Is there another one stuck in there?" But luckily, that part doesn't last long. Basically, for the first few months, your body has that covered, and you can just let it do the work while you focus on keeping the kid alive and occasionally washing your hair. Breast-feeding helps, in the most intense way. You feel your uterus contracting while the baby nurses. Your belly starts to go down. Your thighs become slightly less thunderous.

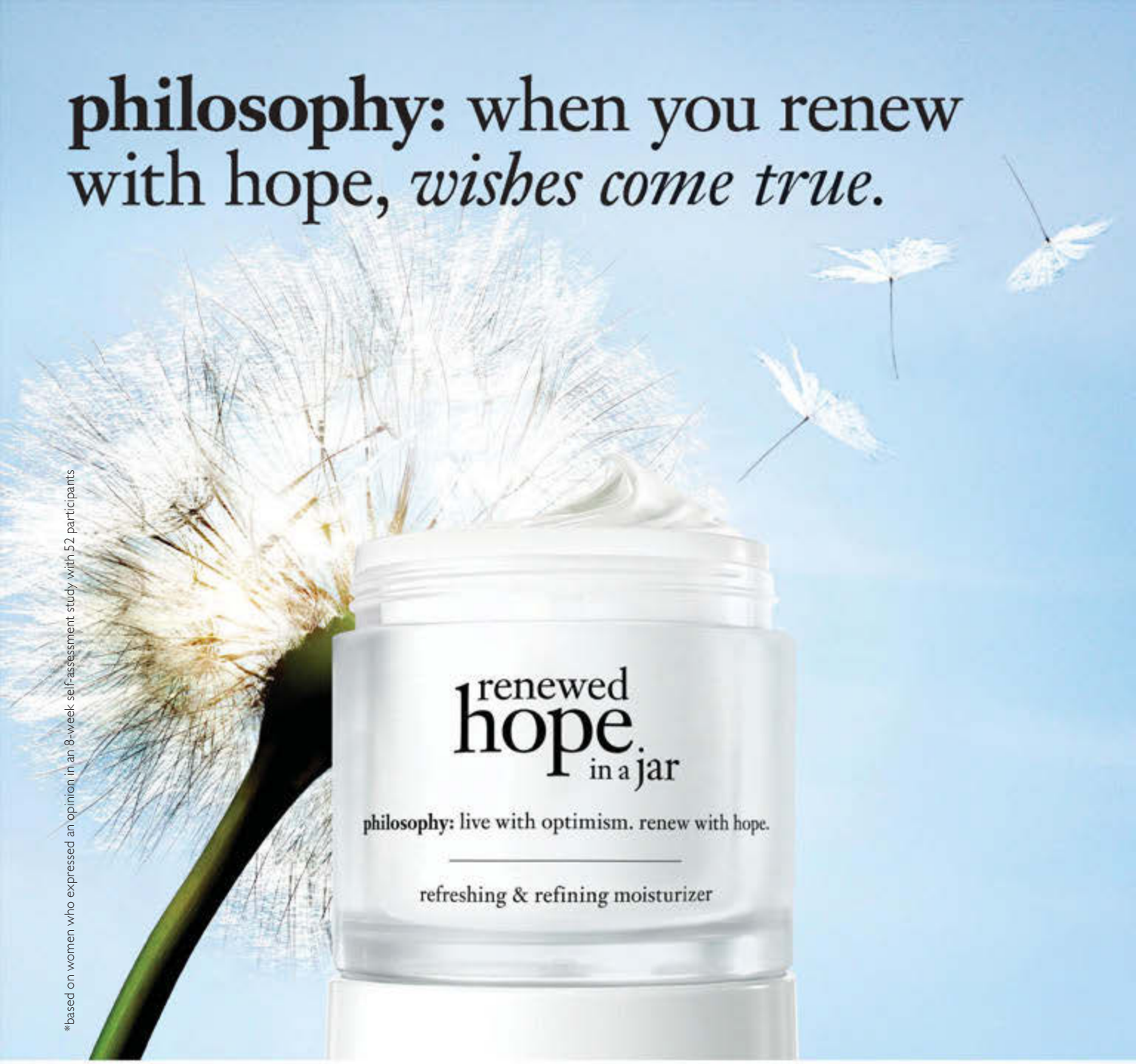
Finally, you are ready to change out of sweatpants, but when you manage to



STAR STYLE
Alberta Ferretti top. Heidi Klum Intimates bra. Elizabeth and James skirt. Jennifer Fisher ring.

Photographs by Tesh; styling by Audrey Slater; hair by Joshua Ristaino/The Magnet Agency for R + Co.; makeup by Gloria Noto/Atelier Management using Chanel; manicure by Martha Fekete using Chanel Le Vernis

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*based on women who expressed an opinion in an 8-week self-assessment study with 52 participants

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button your jeans (thank you, stretchy denim), the button clasp gets swallowed up and lost in your gelatinous Stay Puft Marshmallow Man belly. This is when it becomes abundantly clear that it's time to reintroduce yourself to your jilted abdominals, though their feelings are hurt and they are very resistant to rebuilding the relationship.

Back in the spin saddle

My initial burst of enthusiasm for postpartum exercise died down about six months into motherhood. I had thrust myself back into spinning, attempted Physique 57, spent the equivalent of a small nation's GDP on Pilates, and found it all to be "effective," but not quite enticing enough to lure me away from my new baby during our precious few hours at home together. I knew the exercise was a crucial element of "me time," but it felt like leaving a karaoke bar to go take a physics exam. If I wasn't at work, I just wanted to stay home and party with my little man—and by "party," I mean, of course, endless rounds of the "Itsy Bitsy Spider." Also, I like beer. And pizza. And these two ingredients are not found in the purely fictional book I like to call *How to Look Like You Never Made a Human: A Guide to Socially Acceptable Motherhood.*

Dance first, think later

One of the last times I went out before Otis was born, we went to a crowded, sweaty dance party in the basement of the Ace Hotel in NYC. I was extremely pregnant, around nine months, and so big that for the first time I wondered if it was actually not okay for me to be out on the town. But once the lights were low and the bass kicked in, I forgot any hint of self-consciousness. That night, I danced hard for four sweaty hours of booty-shaking bliss. It was one hell of a workout, which made me think that it actually should become just that.

"But dance class is so intimidating! It's full of Russian bulimics with mutilated feet," says your subconscious. It's understandable that many of us are scarred by childhood ballet, but dance doesn't have to be scary, and, in fact, can be the most fun you've ever had sweating your butt off. Which is why I'm a follower of Kristin Sudeikis, the queen of NYC dancercise and creator of the dance class 2Fly. [Check out Olivia and Kristin's fly moves on page 30.]

To thine own butt be true

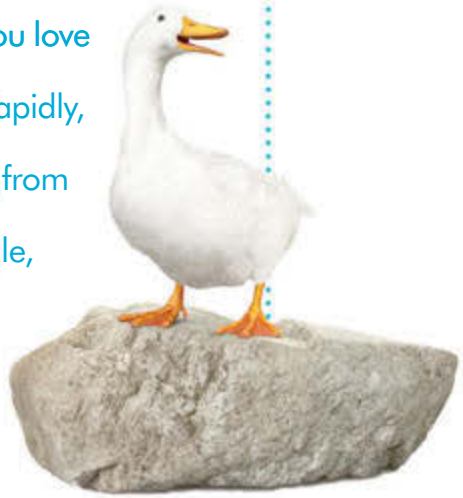
Listen, baby or no baby, getting out of the house to exercise is a serious achievement. If you're going to haul your behind to a class, it's not going to be for anyone else; not your partner, nemesis, mother, or tabloid bloggers—just you. And your special relationship with your own damn fat cells. For me, the bottom line (pun intended) is that the workout is fun. I believe in a world where mothers are not expected to shed any physical evidence of their child-bearing experience. In that same world I believe there is space for exercise to be as much a gift to your brain as it is to your body. I don't want to waste my time striving for some subjective definition of perfection. I'd rather rebuild my strength while dancing my ass off…literally.

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Z141201 1/15

7 MOVES

Olivia's got moves

Here, the energizing, crazy-fun dance workout that stole Olivia Wilde's heart—and got her this hot body, fast.

By Jaclyn Emerick



STEAL HER STYLE
Enza Costa tank top.
Koral leggings.
Adidas sneakers.

"WOMAN CAN DANCE!"

That's what Olivia Wilde's dance teacher (and sister of her fiancé, Jason), Kristin Sudeikis, has to say. Sudeikis (seen on page 32), a choreographer and fitness instructor who studied exercise physiology in college, teaches dance cardio classes (from '90s hip-hop to street jazz) throughout New York City, and says that Wilde has rocked all of them.

"Kristin has found a way to take the fear out of choreographed precision, and replace it with the pure adrenaline-infused joy that occurs when we set our minds and bodies free on the dance floor," Wilde says. Science backs her: "Dance releases endorphins, which interact with serotonin and dopamine, chemicals that have the power to instantly boost your mood," Sudeikis explains. Aside from making you happy, dance is a full-body fat-burner—you work all your large and small muscle groups at once, sculpting toned arms, a slimmer waist, and sexy, strong legs.

Photographs by Tesh; styling by Audrey Slater; hair by Joshua Ristaino/The Magnet Agency for R + Co.; makeup by Gloria Noto/Atelier Management using Chanel; manicure by Martha Fekete using Chanel Le Vernis


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Of Sudeikis' classes, one of Wilde's go-tos is called 2Fly. "It's inspired by the early '90s Fly Girls (J.Lo's original claim to fame), and blends fat-melting aerobics with serious attitude that makes you feel, well, pretty damn fly," says Wilde. The class is taught at Crunch gyms, and thanks to this special mix of moves by Sudeikis, now you can try it on your own. A quick confidence-booster: Sudeikis says if you can nod your head to the beat, you can dance. So turn the lights down and the music up.

YOUR PLAN

THE MOVES
Make a playlist with your seven favorite songs. (If you want suggestions, Sudeikis recommends specifics for each exercise below.) Press play, then do the first move for 1 minute. Then do the second move for 1 minute. Then do the first move again, then the second move, and then the third for 1 minute each. Start over and do the first four moves for 1 minute each. Then the first five. Continue with this cycle of adding a move on each round until you've done all seven moves. If you're really feeling it, repeat the entire thing. Do this routine 3 or 4 times a week on alternate days.

YOU'LL NEED
Nada, other than that badass playlist.

1

A↓ B→

DROP CLAP

Works shoulders, back, triceps, butt, quads

Stand with feet wide, arms at sides. Pivot on left foot and bend both knees, turning body to the right and swinging arms back **[A]**. Immediately shift weight to left leg as you stand, pivoting on right foot and turning to the left to clap hands overhead **[B]**. Repeat for 30 seconds. Switch sides; repeat.



PAIR WITH
"I Just Wanna Love U (Give It 2 Me)"
By Jay Z

"This format has structure and freedom. It's less rigid than a boot-camp class, yet just as rigorous in that your heart will pump hard and you'll drip sweat."
—Sudeikis

On Kristen: Adidas jacket; Nike sweatpants and sneakers from a selection at Six:02



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2

A← B← C←

SLIDE TURN

Works abs, butt, outer and inner thighs, calves

Slide to the right with right elbow bent and left arm reaching left at shoulder height **[A]**, stepping feet together at the end. Slide to the left **[B]**. Turn in a full circle over your right shoulder **[C]**. Clap hands together twice overhead at the end of the turn. Switch sides; repeat. Continue alternating sides.



PAIR WITH

"Freak"
By Steve Aoki, Diplo & Deorro

3

A↓ B→

POP AND HOP

Works abs, butt, quads



PAIR WITH

"Booty Wurk"
By T-Pain

Stand with feet hip-width apart and arms at sides. Drop into a half-squat facing left, pop butt and swing arms back **[A]**, then scoop hips and swing arms forward to cross at chest. Without standing, repeat. Then stand on right leg and pivot over right shoulder 180 degrees, left knee comes up to hip level, elbows bend and arms go wide like a goal post **[B]**. Land in a half-squat facing right and repeat booty pops, then stand on left leg and turn over left shoulder 180 degrees. Continue alternating sides.

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4

A↓ B↓

CLEAR THE FLOOR

Works back, abs, butt, quads

Stand with feet together, knees bent, and wrists crossed at chest **[A]** to start. Step left foot forward, turning body to the right, and bend knees to sweep the floor with your left hand, right hand reaches back and up **[B].** Return to starting position. Switch sides; repeat. Continue alternating sides.





PAIR WITH
"Poison"
By Bell Biv DeVoe

"I feel so good when I can just get down and shake off any insecurity, anything that's holding me back." —Wilde



PAIR WITH
"Get Me Bodied"
By Beyoncé

5

THROW IT DOWN

Works back, abs, obliques, butt

Stand with feet together and arms at sides to start. Forcefully draw right knee toward chest as you throw arms forward and down toward the right, elbows bent **[shown],** as if doing a powerful standing crunch. Return to starting position. Switch sides; repeat. Continue alternating sides.

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6 SHAMROCK

Works abs, butt, calves

A↓ B→

Stand facing left with feet together and arms at sides. Step left foot forward as you scoop right arm around **[A]** to turn 180 degrees to face right. Step left foot up to meet right, rising onto the balls of your feet and pulling arms toward chest with elbows bent **[B]**. Lower to standing position. Switch sides; repeat. Continue alternating sides.





PAIR WITH
"U.N.I.T.Y."
By Queen Latifah

7 BRING IT UP

Works biceps, abs, quads, hamstrings

Stand with feet together, knees bent, and arms crossed overhead to start **[A]**. Step right foot forward to turn body to the left, swinging arms back and up **[B]**. Return to starting position. Switch sides; repeat. Continue alternating sides.

A← B→





PAIR WITH
"Sweat"
By Bobby Newberry

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Your Beauty Guide

look great



As the weather shifts, so do your needs. Supercharge your routine with a new product here, an extra step there... By Kate Sandoval Box

Beauty Boosters

Photographs by Arthur Belebeau

Photographs by Arthur Belebeau; hair by Miok/Judy Casey, Inc. for Bumble and Bumble; makeup by Muneumi Imai/Honey Artists for mushkin.com; manicure by Julie Kandalec/Bryan Bantry for Chanel Le Vernis



HELP SKIN FROM WITHIN
Ceramides—lipids that are in skin naturally—decrease with age, which causes moisture loss and sagginess. A supplement, like **Life Extension Skin Restoring Phytoceramides** ($25 for 30 capsules), can help restore ceramide levels to increase hydration and smoothness from the inside.

Revive your skin

You'll see the best results with little regimen tweaks rather than a full 180.
–dermatologist Marnie Nussbaum

IMPROVE HYDRATION AND TEXTURE

Booster: A microneedle roller

This tool safely opens tiny channels in the skin to allow products to sink in and work better and faster, says Dimitry Rabkin, M.D., a facial cosmetic surgeon in Fair Lawn, NJ. Every night, maneuver the **Environ Gold Roll-CIT** ($300; dermaconcepts.com) horizontally and vertically across clean skin, then apply your products. You'll feel almost nothing, says facialist Mashell Tabe. And any pinkness will go away quickly.

GET GLOWING

Booster: A brightening regimen

"By the end of winter, you've accumulated a lot of dead skin, which makes your complexiondull," says NYC derm Marnie Nussbaum. Slough it off with scrubby wipes like **Pond's Exfoliating Renewal Wet Cleansing Towelettes** ($5; drugstores) and **Simple Skincare Exfoliating Facial Wipes** ($6; drugstores). Then use a radiance mask twice a week to even out pigment. We love **Peter Thomas Roth Brightening Bubbling Mask** ($55; sephora.com).

SMOOTH OUT LINES

Booster: A second serum

Another aftereffect of the cold weather: "Your skin gets dehydrated, which makes wrinkles look more pronounced," Nussbaum explains. In addition to the antioxidant serum you (hopefully!) use in the a.m., add an antiaging serum at night, tapping onto skin immediately after you cleanse. Look for one with peptides (to up collagen production), such as **La Prairie Anti-Aging Rapid Response Booster** ($290; laprairie.com).




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Transform your hair



You can make the style and color you love last longer if you incorporate the right treatments.
–hairstylist Tommy Buckett

PROVIDE STAYING POWER

Booster: A style extender

This locks in your style for twice as long as it would normally last. "It's ideal for warm weather, which causes curls to unravel and straightened hair to frizz," says Tommy Buckett, Garnier celebrity stylist. Apply the treatment (we like **Living Proof Prime Style Extender**, $20; sephora.com) to damp hair, then blow-dry, curl, or straighten. The heat from your hot tools activates the ingredients, which hydrate hair and block humidity.

REFRESH STRANDS

Booster: A de-gunking shampoo

It's the difference between limp hair and a flowy, shiny mane. A clarifier (like **Bumble and bumble Sunday Shampoo,** $25; bumbleandbumble.com) removes the buildup of heavy conditioners and silicones, which makes hair dull and flat, says Rolanda Wilkerson, Ph.D., Pantene's principal scientist. Once a week, wash twice with a clarifier, then rehydrate with conditioner, Buckett suggests. (But don't use it if you color treat.)

GIVE COLOR A BUMP-UP

Booster: A mane mask

Swap it for your regular conditioner the first time you wash your hair after you dye it, and then every other time after that. Try **Nuance Salma Hayek Raw Honey Color Protect Hair Mask** ($11; cvs.com). "If you wait until your color has faded, it's too late," says Eugene Smith, a stylist at Serge Normant at John Frieda in NYC. Your alternate conditioner should also be for color-treated hair, says Smith. Try **Clear Scalp & Hair Damage & Color Repair Nourishing Daily Conditioner** ($5; drugstores).



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Primers enhance the benefits of foundation, and keep it fresh all day.
–makeup artist Laura Geller



Upgrade your makeup

FIX FLAWS

Booster: A correcting primer

No matter what your skin issue, the right primer can camouflage it. A redness-correcting primer has a green tint to counteract rosiness; a radiance primer has light reflectors that match your skin tone; and a mattifying primer has oil-absorbing properties to degrease. **Make Up For Ever Step 1 Skin Equalizers** ($36 each; sephora.com) come in all of these versions. Before applying any other makeup, smooth a quarter-size amount onto skin with fingers, then apply foundation, says NYC makeup artist Andrew Sotomayor.

GET NEXT-LEVEL EYELASHES

Booster: A lash treatment

Mascara can only do so much to give you the long, soft, defined lashes you want. "Adding an eyelash serum enhances its efforts," says makeup artist Laura Geller. Formulas are infused with hydrating and strengthening ingredients (like hyaluronic acid and wheat protein) to help stop lashes from breaking,so they can grow longer and thicker. Swipe one, like **Brock Beauty Infinite Lash Eyelash Enhance Serum** ($75; infinitelash.com), along your lashline daily. Before bed, dab **Vaseline Jelly Original** ($4; drugstores) on and comb through with a lash comb, says Geller. "You'll condition lashes while you sleep."



RESHAPE YOUR LIPS

Booster: A lip-matching liner

"Lip liners give your mouth the step up you didn't know you were missing," says Geller. "They define lips, making you look more put-together, and prevent lipstick from feathering and fading." Use one alone, coloring in your lips entirely, or apply underneath lipstick. "No matter the lipstick, pick a liner that matches your natural lip color. A caramel shade works for most women," says Sotomayor. We like **Marc Jacobs Beauty (P)outliner Longwear Lip Pencil in Honey(bun)** ($24; sephora.com).

Still life photographs by Claire Benoist; styling by Wendy Scheloh for Holley Resources

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SENSITIVE SKIN EXPERTS

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5 questions for hairstylist Kim Kimble

This is the woman Beyoncé trusts with her locks. (Enough said!) Here, hair intel from Pantene's celebrity mane master.

By Kate Sandoval Box

BACKSTORY, PLEASE: HOW DID YOU BECOME A CELEBRITY HAIRSTYLIST?

I'm a third-generation hairstylist. When I was 22 years old, I volunteered to do hair for a play, which led to a job on a movie called *Carmen: A Hip Hopera*. One of the actresses in it was Beyoncé. That was my in.

Name the most famous hair trend you can claim credit for creating.

I would have to say the soft, sexy "Crazy In Love" waves I gave Beyoncé. I get so many requests for that. I'm still wearing the look myself! It's really an easy, no-fail style that stays cute for days. The trick is to clamp your curling iron at the roots of your hair, then twist the hair around the barrel of the iron.

What's the worst hair sin women commit?

Not using a good shampoo and conditioner. Some people just buy anything or reach for whatever is in the shower at the gym. Don't do that! Please B.Y.O.S. (Bring Your Own Shampoo). A high-quality shampoo and conditioner will make a big difference in the strength of your hair. I recommend Pantene Pro-V Full & Strong Shampoo and Conditioner because they penetrate to the core of each strand. Even if you have curly hair, you should wash it two to three times a week to keep it clean and conditioned.

Speaking of the gym, we hear you've started to work out.

I neglected my health for years because I wanted my hair to always look good. Someone said to me, "Well, I guess you'll be a cute corpse." That's harsh, but now I get that working out and eating well is so important. I have a lot more energy these days, even when I'm traveling for work and sleep-deprived. And, actually, my hair is stronger! Plus, my celeb clients are experts at healthy living; we talk about it all the time. They keep me in check.



KIM'S MUST-HAVE Pantene Shine Serum with Argan Oil, $8, makes a dull style shiny, instantly.

Okay, how do you work out regularly and make your blow-out last?

I plan my hair around my workouts. The day I blow out my hair, I do a low-intensity workout, like hiking. Then I crank up the intensity each day, soaking up oil with dry shampoo until it's time for another blow-out. I also wear a sweat-absorbing headband and tie my hair on top of my head with a silk scrunchie, which doesn't dent my hair.

Photograph by Patrick Randak; hair by Jonathan Mason for ABTP.com; makeup by Virginia Linzee for Ray Brown Pro

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Fresh picks

Bright floral scents are always uplifting. But you may crave them now more than ever: Most flowers don't blossom in winter and people are drawn to smells they've been missing, says Jan Fockenbrock, a perfumer at drom fragrances. These three pair blooms with citrus notes to deliver spring in a bottle.



Musky & SEXY

Jimmy Choo Blossom Eau de Parfum ($100; sephora.com) is perfect 24/7: Soft bouquets of sweet pea and rose make it light enough for mornings, while juicy strawberry, sandalwood, and white musks give it date-night appeal.



Elegant & LADYLIKE

Bursts of lemon and refined florals like jasmine and lilac blend with a powdery note—making **Burberry Brit Rhythm Floral Eau de Toilette** ($90; burberry.com) a sophisticated spritz.



Brisk & LIVELY

The invigorating blend of tangerine and subtly sweet pink peony makes **Philosophy Live Joyously Eau de Parfum** ($56; philosophy.com) an instant pick-me-up. It's also formulated with fragrance oils that linger on the skin, so you'll feel energized all day.

Photograph by Claire Benoist; styling by Wendy Schelah for Halley Resources

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Seize the spray

Lotions, makeup, even hair dyes are now being transformed into easy-to-apply, quick-to-dry sprays. Here, six misty ideas:

Primer Give a quick hit of **Smashbox Photo Finish Primer Water** ($32; smashbox.com) to bare skin to hydrate and create a smooth surface so foundation glides on easily and lasts longer.

Makeup setter **L'Oréal Paris Infallible Makeup Extender Setting Spray** ($17; drugstores) prevents your makeup from smudging, caking up, or settling into fine lines. And, if you get shiny midday, just re-spritz; teeny-tiny spheres in the formula instantly absorb oil.

Body lotion Infused with lightweight moisturizers like glycerin and shea butter, **St. Ives Naturally Fresh Hydration Lotion Spray** ($6; drugstores) keeps skin soft with no greasy feel, so you can get dressed immediately.

Root concealer Aim **Oribe Airbrush Root Touch-Up Spray** ($29; oribe.com) at gray or overgrown roots. The tinted powder (which comes in blonde, red, and brown shades) "dyes" hair and adds volume until your next shampoo.

Polish dryer One minute after you apply nail polish, spritz on **Formula X for Sephora Drying Spray** ($14; sephora.com) to harden color faster. Unlike oily drying drops, this won't leave behind any residue.

Deodorant The newest versions are so much better than that old communal can on your gym's bathroom counter. They are now completely invisible and dry instantly. Try **Degree Motion Sense Dry Spray Antiperspirant** ($5; drugstores).



Barely-there makeup

The new lightweight foundations are so breathable, you feel barefaced and beautiful wearing one. Yet they offer more coverage than a BB cream, make your complexion look healthy and dewy, and even out your skin tone. The science behind these formulas is complex, but the results are simply gorgeous. Try: **Laura Geller Baked Liquid Radiance Foundation** ($38; lauragellar.com), **Lancôme Miracle Cushion Compact** ($47; lancome-usa.com), and **Orlane Teint Absolu Treatment Foundation** ($70; orlane.com).

CHIA SEEDS: NOW FOR YOUR SKIN!

The popular smoothie ingredient is being tossed into skincare formulas. That's because the superfood can quickly transform a dull complexion into a healthy-looking glow; it's a rich source of omega-3 fatty acids and anti-inflammatories, which help to hydrate skin and soothe redness, says Jeannette Graf, dermatologist in Great Neck, NY. You'll find chia oil in **Perricone MD Chia Serum** (shown here, $75; perriconemd.com), **One Love Organics Supercritical Chia Oil** ($49; oneloveorganics.com), and **Tree Hut Oatmeal Scrub with Pear & Chia Seed** ($9; treehutshea.com).



Photograph by Arthur Beleboeau; hair by Mirk/Judy Casey, Inc. for Bumble and Bumble; makeup by Muneumi Imai/Honey Artists for mushkin.com; manicure by Julie Kandalec/Bryan Bantry for Chanel Le Vernis

The new pastels

"Edgy" wasn't how we described rainbow shades—until this spectrum of springtime polishes hit the beauty scene. Forget minty greens and cotton-candy pinks; these new hues are chalky, dusty, and laced with gray undertones. "It's this muddiness that makes the colors feel moody and original," says celebrity manicurist **Deborah Lippmann.** "They're light enough for the season, but totally grown-up." Here, seven shades you'll want to have on hand. By Kelsey Castañon



1
Deborah Lippmann Nail Lacquer in Like Dreamers Do ($18; deborahlippmann.com)

2
Zoya Nail Polish in Tove ($9; zoya.com)

3
Lauren B. Nail Couture in Sunset Tower ($18; laurenbbeauty.com)

4
OPI Nail Lacquer in That's Hula-Rious! ($9.50; ulta.com)

5
Butter London Nail Lacquer in Kip ($15; butterlondon.com)

6
Jessica Nail Colour in Hush Hush ($8.50; jessicacosmetics.com)

7
Sally Hansen Miracle Gel in Lemon Heaven ($10; drugstores)

Photograph by Claire Benoist; styling by Sarah Guido-Laaksa for Halley Resources, Inc.

EXPRESS BEAUTY
White teeth, white now

Get a bright smile without suffering through weeks of trays and treatments. The latest products, tips, and pro services get your pearlies to sparkle in record time.
By Kelsey Castañon



GO PRO A new dentists' office treatment takes a mere 5 minutes: **Philips Zoom QuickPro** ($100 to $150; zoomwhitening.com for locations) skips the LED light, shaving up to an hour off chair time.

TIME
2
MINUTES

Brush away stains

. . . with silica, a mild abrasive that polishes teeth. Find it in **Colgate Optic White Platinum Express White Toothpaste** ($4; drugstores).

TIME
5
SECONDS

Chew this gum

Pop in a piece of **Supersmile Professional Whitening Gum** ($5; supersmile.com) right after you finish a smile-staining glass of wine or cup of coffee. "It increases saliva production, which washes away surface spots," says NYC-based aesthetic dentist Michael Apa.

TOTAL TIME THAT PEOPLE BRUSH A DAY:
1 minute, 52 seconds
SOURCE: Delta Dental Oral Health and Well Being Survey

TIME
1
MINUTE

Swish your way white

The alcohol-free **Crest 3D White Luxe Diamond Strong Mouthwash** ($6; drugstores) is packed with strengthening fluoride to protect enamel while it brightens.

TIME
2
MINUTES

Take the organic route

Eat strawberries. They are loaded with malic acid, a natural astringent that can help remove surface discoloration, says Brian Kantor, cosmetic dentist at Lowenberg, Lituchy & Kantor in NYC. He recommends eating a handful daily, as long as you remember to "brush as usual to avoid any tooth decay." And stock up on tough vegetables like carrots and celery—the crunch you get when you bite down acts as a mechanical scrub for your teeth.



TIME
7
SECONDS

Sport blue-red lips

The beauty of a blue-based red, like the cherry-hued **Avon Ultra Color Indulgence Lipstick in Red Tulip** ($8; avon.com), is that the shade contrasts with the yellow in your teeth (they are on opposite ends of the color wheel), making them look whiter in comparison.

TIME
5
SECONDS

Spot treat

Maintain your dazzling smile with **Philips Sonicare Whitening Touch-up** ($24; drugstore.com), which allows you to give yourself a midday re-touch. The flavorless formula goes on clear, so you can swipe away stains before they set in.

Model photograph by Greg Delves. Still life photograph by Claire Benoist; styling by Sarah Guido-Lookso for Holley Resources



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Bio-Oil® is a specialist moisturizing oil formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, also helps improve the appearance of aging and dehydrated skin. For additional product information, please visit bio-oilusa.com. Bio-Oil is available at drugstores and leading retailers at the recommended selling price of $11.99 (2fl.oz.). Individual results will vary.

*GfK Recommendation Study 12/2014

Your Style Guide

look great

BODY SHOP

You in... sporty florals

Athletic cuts and performance fabrics meet on-trend flower prints to play up your fit figure. Here, cute ways to wear this winning combo.



Decree top ($26; jcpenney.com). **Splendid pants** ($128; splendid.com). **Via Spiga sneakers** ($185; bloomingdales.com).

Hair by Takeo Suzuki for L Group Productions; makeup by Andrew Colvin

Photos by Meredith Jenks



HARNESS THE POWER OF FLOWERS Busy floral patterns are eye-catching, so use them to draw attention to your favorite body parts. Then, keep it simple everywhere else to avoid an overgrown-garden effect: Wear your print with something solid in a classic cut (like the black shorts, gray tee, and white pencil skirt here). When the arrangement is on a white or black background, it's easy to team it with neutrals you already own.


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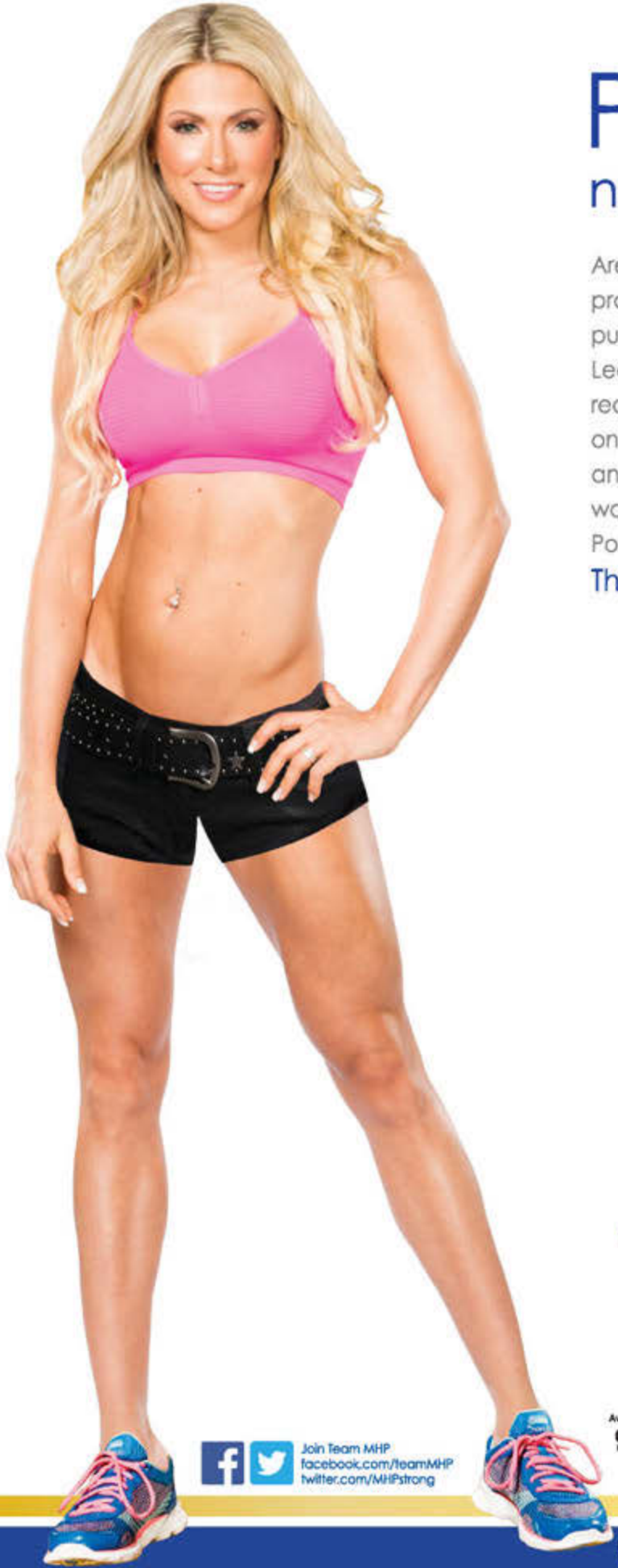
A.P.C. sweatshirt ($165; A.P.C., NYC, 212-755-2523). Ministry of Style shorts ($99; ministryofstyle.com.au). Aerin sneakers ($178; aerin.com).

Lucy Paris for 100% Bloomingdale's dress ($78; bloomingdales.com). Keds sneakers ($50; keds.com).

Black Halo dress ($415; blackhalo.com). Aerin shoes ($248; aerin.com).

Blooms add a ladylike vibe to athletic details like mesh, racerback straps, and high-cut shorts.

PICK FLORALS THAT FLATTER Strategically placed buds can emphasize or camouflage your figure features: A flower patch on each hip creates the illusion of a tiny waist; a print that cascades down the center of your core makes it look longer and leaner; even the full-body floral dress forms an asymmetrical neckline to accentuate your curves.



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A week of fitness fashion

Here's this month's fresh crop of motivating workout gear.



Day 1

1 Fila Sport jacket
($55; kohls.com)

2 Lululemon tank
($64; lululemon.com)

3 Reebok sneakers
($120; reebok.com)

4 Asics socks
($16; asics.com)

5 Affitnity leggings
($68; affitnity.com)

CROSSFIT MUSTS:
Dip-dye jacket, ruffle tights, bold socks

Show us your OutFIT!

Snap a pic of the workout gear that gets you going and post it on Instagram or Twitter, tagging @shape_magazine and #showusyouroutFIT.

Photograph by Jonathon Kambouris. Styling by Elizabeth Osborne for Halley Resources



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Day 2

1 Splits59 tank ($80; splits59.com)

2 New Balance sneakers ($110; newbalance.com)

3 Pilot Athletic shorts ($93; pilotathletic.com)

4 ban.do ear phones ($16; shopbando.com)

FITTED LEOPARD SHORTS are as fierce as your workout.



Day 3

MESH & NEON make this the anti-prep tennis dress.

1 Samsung Gear Fit activity tracker and bands ($150 and $20; samsung.com)

2 Monreal London dress ($245; barneys.com)

3 K-Swiss sneakers ($110; kswiss.com)



Day 4

1 Blue Life FIT bra top ($104; shopplanetblue.com)

2 Olympia Activewear leggings ($94; olympiaactivewear.com)

3 Adidas by Stella McCartney sneakers ($190; adidas.com)

4 Gap bag ($20; gap.com)

CHEVRON STRIPES slim your waistline.



Day 5

1 Lauren Ralph Lauren Active vest ($178; bloomingdales.com)

2 Mika Yoga Wear bra top ($36; mikayogawear.com)

3 CSBLA romper ($120; shop.cosabella.com)

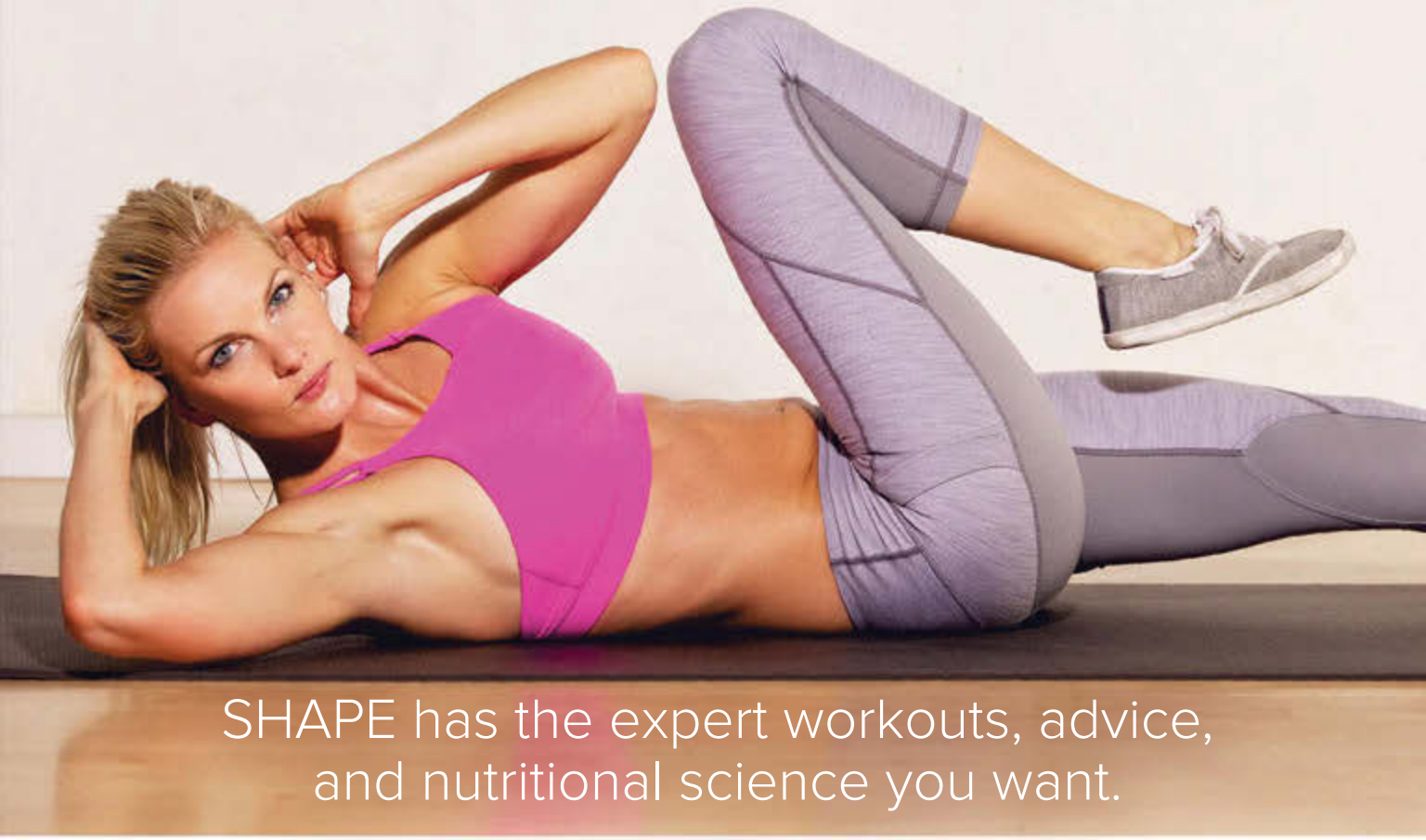
4 Tek Gear headband ($12; kohls.com)

5 Nike studio wraps ($55; nike.com)

A ROMPER for the barre (& the bar)



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Between-season basics

Transition from cold winter to warm-but-wet spring with chic pieces that are adaptable and weatherproof. In other words, what every stylish outdoorsy woman needs.



SPORTY TRENCH

Orange seam tape and a drawstring hood on this **Trout Rainwear jacket** ($535; troutrainwear.com) keep you, and your blow-out, dry in a downpour.

KNIT PICK

This upbeat **Pink Tartan sweater** ($275; pinktartan.com) is thicker than a tee, but not at all bulky; it's the ideal first layer.

VERSATILE DENIM

The **MiH Jeans jacket** ($295; mih-jeans.com) acts like a sweater; wear it under your coat, then peel off as needed.

SLEEK SHADES

Gray-tinted **Diane von Furstenberg sunglasses** ($136; dvf.com) are the on-trend way to shield your eyes this season.

GRAPHIC CAP

It's too warm for anything furry, but you still need *something*. The **Jonathan Adler hat** ($58; bloomingdales.com) comes in water-resistant coated canvas.

SPLASHY SHIELD

A striped, high-quality **Pare*Umbrella** ($68; pareumbrella.com) makes any outfit look a little snappier.

WATER-PROOF POUCH

The neoprene **Kate Spade wristlet** ($98; katespade.com) keeps your phone and your protein bar protected.

STORM-READY BOOT

Waterproof wellie meets superchic riding boot: **däv boot** ($98;davrain.com).

CHEERFUL CARRYALL

Durable and roomy, the **Graf & Lantz backpack** ($359; graf-lantz.com) holds all your just-in-case items (hat, scarf, dry socks).

Photograph by Jonathon Kambouris. Styling by Elizabeth Osborne for Holley Resources

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What shapes her style?
Taylor Swift

What do you do when you have a flaunt-worthy bod yet you love to look feminine? You adopt T-Swift's style: ladylike and leggy. Every one of her outfits strikes the perfect balance of classy and elegant with shape-baring sexiness, proving that the two *can* coexist. Here are the little tips to pull it off.

WEAR "OUTFITS"
Matchy-matchy tops and pleated skirts are so polished they make a bare midriff and thighs perfectly demure.





ROCK CLOSE-FIT BUT COVERED
Body-con plus tons of skin would be too overtly sexy. Taylor's tight gray ensemble stays sophisticated because of its long sleeves, high neckline, and knee-length hemline—and still shows those look-at-me legs.





PLAY WITH CLASSICS
Top: A structured top-handle bag and iconic platform pumps work together nicely to call attention to T's long, lean limbs.
Left: A substantial, dramatic coat over a light-as-air dress creates a graceful contrast, while stilettos lengthen her stems.

Photographs by StarTraks photo (3) Getty Images (2)



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Strong and sexy: *faster*

Cut your workout in half. You'll melt more fat, sculpt strong, sexy muscles, and reshape your body. One rule: You have to go all-out. Here's how.

By Lesley Rotchford

You've likely noticed that short, high-intensity workouts like CrossFit, sprints, and metabolic conditioning classes have become the "it" thing in fitness. There's good reason for that: Working out at maximum capacity ignites your fat-burning ability more and for longer than moderate exercise does, a study by Canadian researchers found. Fitness experts are responding to this science by designing workouts based on it. Equinox says their max-effort programs like MetCon are so popular that they're constantly adding more classes, and CrossFit now boasts more than 10,000 gyms worldwide. But it's not just that: "Any form of exercise—like cycling, boxing, or rowing, for example—in which you perform at a maximum effort with very short periods of rest can be just as effective," says **Steven T. Devor, Ph.D.,** an exercise physiology professor at Ohio State University.

But how intense is "high-intensity?"

We're not going to lie—you need to go hard. Harder, like heart-pounding, totally-speechless hard. But it's worth every drop of sweat because when you push your limits, you stimulate your natural fat-burners. First, human growth hormone (which is often referred to as the "fountain of youth hormone" because you make a lot of it as a kid but produce less and less as you age, become less active, and log less sleep) binds to fat cells to break down stored fat into glycerin and fatty acids that can be used for energy. Translation: It turns fat into fuel. "A small amount of growth hormone is produced after just one set of a resistance move at max effort (say eight weighted squats); it will start to peak around three sets or at about 10 minutes and then that level will be maintained until you stop working out," explains **Nicholas Ratamess, Ph.D.,** professor of health and exercise science at the College of New Jersey. You'll be at a heightened fat-burning state during this entire time. Meanwhile, another category of hormones called catecholamines help release fat, creating a double-whammy effect of fat melt. In addition to eliciting a strong hormonal response, all-out *(continued)*



GET ROPED IN Hit the Ropes, a CrossFit-inspired program (with moves like this one), helped women in a study slash their body fat by 13 percent.

HOW TO GET YOUR GRIT ON

Tap into your true potential with these expert tips.

IT SHOULD HURT SO GOOD

So you know you need to kick your own ass, but how can you tell you're there? "You'll feel as if you're gasping for breath," explains MetCon instructor **Amber Edwards.** "If you can chat with your neighbor, you need to push harder." Other indications you're doing it right: You're sweating and even shaky (not to be confused with feeling dizzy, which is a sure sign to stop), and feel a burning sensation in your muscles. That's good pain, she says. On the other hand: "Bad pain is anything that is sharp, localized, or shooting, like a pinch in your shoulder when you raise your arm, or a kink in your neck that prevents you from turning your head from side to side," says **Scott Duke, D.C.,** owner of Duke Chiropractic, a multisport and spine rehab center. If you experience those at any point in your workout, stop.

(continued)

Photographs by Chris Fanning; hair by Casey Geren/ABTP.com using Alterna; makeup by Jessi Butterfield/Exclusive Artists Management for Dior Beauty. Onzie bra top; Pheel shorts; Nike sneakers

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Cardio vs. weights: Strength training burns more fat and calories, and builds more lean muscle.

exercising also results in a big oxygen deficit. This leads to excess post-exercise oxygen consumption (aka EPOC). After your workout, you take in extra O_2 to help your body recover, which requires energy. Thus, you burn even more calories.

The long and short of it

Consider this scenario: One woman is slogging through 30 minutes on the elliptical machine at a moderate intensity. Across the gym, another woman is doing a 12-minute kettlebell routine as hard and fast as she can go with little to no rest. Both workouts will trigger a hormonal response and cause an oxygen deficit, but the kettlebell exerciser will produce a much more powerful response and create a bigger deficit, plus build muscle (which also burns fat). "So even though the elliptical exerciser probably burned more calories during the workout itself, the all-out strength trainer will likely torch more fat and calories overall—by exercising for less than half as long," says Ratamess.

Maxing out strengthens your mind too

"Pushing past limits to conquer a grueling workout allows you to unlock what you're really capable of," says sports psychologist **Gloria Petruzzelli, Ph.D.** "It helps you discover that you have the inner resources to make it through anything." And when done in a group setting, the benefits can be even greater. There's an undercurrent of camaraderie in max-effort classes that establishes strong social connections, sort of like how friends bond quicker when facing a similar life struggle. "During a physically challenging task, you count on others for support and they count on you," adds Petruzzelli. Plus, having an audience introduces some friendly competition. If the girl next to you is speeding through burpees, it's likely you're going to want to move a little faster.



RELY ON MENTAL MUSCLE

Talk to yourself (repeat positive phrases like, "If it does not challenge you, it does not change you") and visualize success (that could be you standing with a bar loaded with weight over your head, or simply sitting at a café post-workout feeling fit, slim, and crazy-proud of yourself). Tracking your reps, time, distance, and the amount of weight you've lifted for each move can be equally motivating. These measurements serve as a benchmark and help give you goals to beat next time.

EASE INTO IT

"Proper form is essential during these high-exertion workouts to avoid injury," says Duke. So don't be afraid to ask a trainer or instructor for help. Duke suggests limiting maximum-effort training to four days a week, balancing out your routine with something less hard-core (swimming, jogging, yoga) on "off" days, and adding weight or speed gradually, by increments of 10 percent.

TLC MATTERS NOW MORE THAN EVER

To further prevent injury and help speed recovery, prep your muscles by using a Rumble Roller (a roller with teeth that grabs your fascia, the connective tissue that holds your muscles together) or a Beastie Ball (same idea but in ball form), which are available at most sporting goods stores. "They are used like foam rollers but they get much deeper," says Duke. Then do a dynamic warm-up (think fake rope-jumping and inchworms) to get your body primed for action. After you exercise, stretch out your neck, back, chest, hips, butt, quads, and hamstrings. Duke suggests treating yourself to a massage from time to time. After a few all-out workouts, you probably deserve it.


SOME MOMENTS DESERVE AN AUDIENCE
Bald eagles soaring between rugged peaks. Meadows of wildflowers dancing in the wind. And sunrises that paint the sky like a canvas. This is a world where wonderful things happen. We just have to be there when they do.
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STEAL THEIR STYLE
On Dawn *(left)*: **Stylestalker** bra top. **Lorna Jane** shorts. **Nike** sneakers from a selection at Zappos. On Scott *(right)*: **Stylestalker** bra top. **So Low** shorts. **Nike** sneakers from a selection at Zappos.

Meet your summer body coaches!

This many die-hard fitness fans can't be wrong. Clearly, the Tone It Up girls, **Karena Dawn** and **Katrina Scott,** get results. That's why we tapped the power duo to bring you an exclusive workout that ensures you'll look amazing and feel confident in time for beach season. By Jaclyn Emerick

Hair by Dawn/Celestine agency for Oribe; makeup by Jenna Anton; styling by Milka Prica/Celestine agency

Photographs by Riker Brothers

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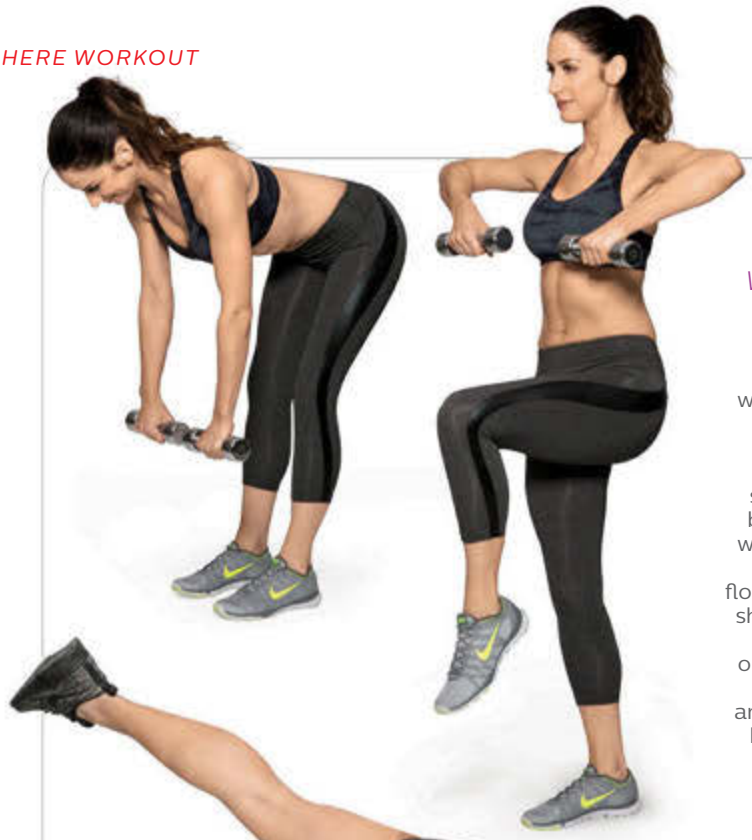
Summer will be here before you know it, and you'll want to be ready. Consider the TIU girls your trainers for a slim, firm body that you're going to be really proud of when you slip into a two-piece. They created this routine especially for *Shape* readers, so you can get a unique taste of their creative exercises. "These eight moves work the muscles you care most about when you're not wearing much: your abs, butt, and thighs," Scott says. Plus, the compound movements (meaning that rather than isolate specific muscles, they work many big ones at once) fire up your metabolism and help you burn more calories throughout the day. "The workout also improves your posture, so you can walk in a confident way that shows off your results," says Dawn. Just don't let the girls' smiles fool you: These exercises are challenging—they require sweat, stamina, and patience. The first few times you do the moves, go slowly. As you get fitter and more comfortable with them, move a little faster.

YOUR PLAN

Do the moves in order for 30 to 45 seconds each, resting only as long as it takes you to transition to the next move. When you've completed all 8 moves, rest for 1 minute. Do 3 or 4 sets. You'll want to do this 3 times a week on alternate days to get that summer-ready body.

YOU'LL NEED

A set of 5- to 10-pound dumbbells.



A/B

1) HIGH PULL

Works shoulders, back, butt, hamstrings

Stand with feet hip-width apart and hold a weight in each hand, resting on thighs to start. Bend knees slightly and shift butt back as you bend forward from hips, lowering weights toward floor **[A].** Reverse move, shifting weight to right leg, bending elbows out to sides and drawing weights to chest, and raising left knee to hip height **[B].** Return to starting position. Switch sides; repeat. Continue alternating sides for 30 to 45 seconds.





A B

2) REACH AND TWIST

Works abs, obliques, butt, quads, hamstrings

Stand with feet hip-width apart and arms at sides. Shift weight onto right leg and bend forward, placing fingertips on floor and extending left leg back and up **[A].** Keep fingertips planted and bend right knee to lower into a crouch, bending and drawing left knee across and to the outside of your right calf **[B].** Reverse move. Without standing, repeat for 30 to 45 seconds. Switch sides; repeat.

On Dawn: Nux bra top; So Low leggings; Nike sneakers from a selection at Zappos. On Scott: Olympia Activewear bra top; Lululemon shorts; Nike sneakers from a selection at Zappos

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*Data on file **Among branded nasal allergy sprays. Source: Pharm/alert® Research, November, 2014.



A/B→

3) ONE-LEG SWING

Works shoulders, abs, butt, quads, hamstrings

Stand with feet hip-width apart and hold a weight in each hand, resting on thighs to start. Shift weight onto left leg (knee soft), and bend forward from hips, lowering weights toward floor and extending right leg back until body forms a straight line from shoulders to heel **[A].** Stand, fluidly raising arms up to shoulder height as you draw right leg (without touching floor) forward to hip height **[B].** Without letting right leg touch the floor, repeat for 30 to 45 seconds. Switch sides; repeat.



"Beginners can start by squatting onto a bench and then standing back up."

—Scott

4) PISTOL SQUAT

Works shoulders, butt, quads

Stand on left leg and hold one weight with both hands, arms down to start. Raise arms to shoulder height and slowly lower into a one-leg squat as you extend right leg forward and in line with your left thigh **[shown].** Return to starting position. Repeat for 30 to 45 seconds. Switch sides; repeat.



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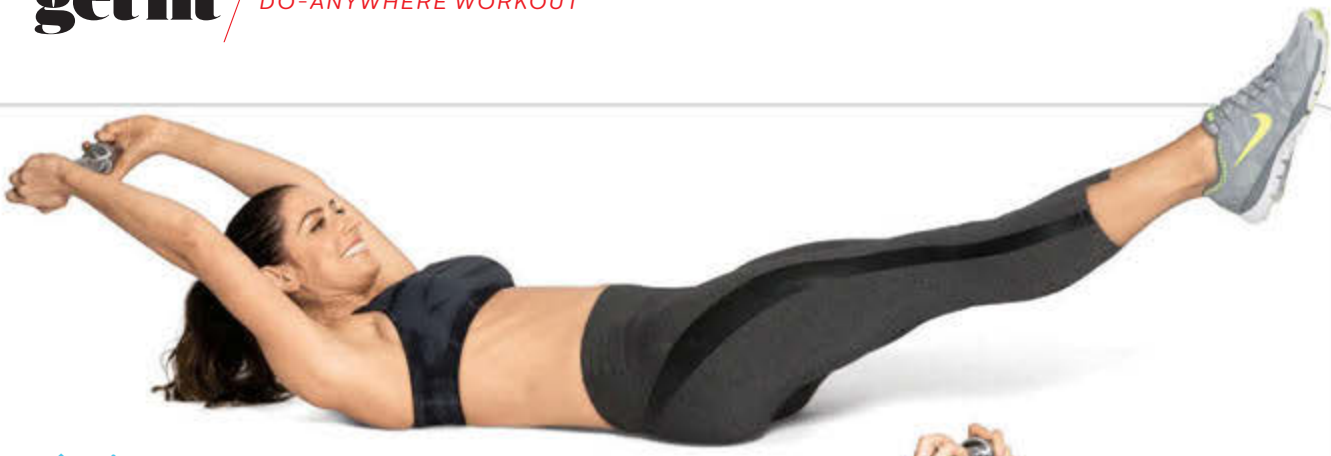


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A↑ B→

5) CRUNCH OVER

Works shoulders, abs, inner thighs

Lie faceup with legs extended and hold one weight with both hands, arms overhead. Raise legs to a 45-degree angle (keep lower back pressed into the floor) and lift head, neck, and arms a few inches (biceps will be in line with ears) **[A]** to start. Keep arms straight and draw weight up and over, rolling shoulders off of floor until arms extend forward at a 45-degree angle, bending and pulling knees over hips with soles of feet touching **[B].** Reverse to starting position. Repeat for 30 to 45 seconds.



"Think about how you want to feel this summer. Use that to fuel your motivation during the workout."

—Dawn

6) SUPER LEGS

Works back, abs, butt

Lie facedown with legs extended and tops of feet resting on floor, and arms straight out, palms down, forehead on floor to start. Keep palms on floor, raise head, and lift legs up as high as you can **[shown].** Return to starting position. Repeat for 30 to 45 seconds.



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"The farther you tip your body, the more challenging and effective the move will be."

—Scott



A↑ B←

7) STANDING SIDE-CINCH

Works shoulders, biceps, obliques, butt, outer and inner thighs

Stand on left leg and hold a weight in each hand, arms at sides. Extend right arm overhead with palm facing forward and right leg out to the side at hip height **[A]** to start. Slowly bend right elbow down and right knee up to meet in a side crunch at chest height **[B].** Return to starting position. Repeat for 30 to 45 seconds. Switch sides; repeat.



A→ B↓

8) CURL OUT

Works biceps, butt, quads, hamstrings

Stand with feet hip-width apart and hold a weight in each hand, right elbow bent and tight to side, weight at chest height with palm facing up, left arm at left side **[A]** to start. Shift weight onto left leg and rotate hips and torso to the left, straightening and extending right arm up at a 45-degree angle and right leg back and up **[B].** Return to starting position. Repeat for 30 to 45 seconds. Switch sides; repeat.





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A slammin' body. Yours *now*

Burn a whopping 150 calories in just 10 minutes flat and get totally toned with rope training. By Karen Asp

Those supersize ropes you see people throwing around at the gym are called battling ropes. They're simple to use: Grab hold of the ends and make waves, slam, or circle them as hard and fast as you can. When people did 10 15-second sets of rope waves with 45 seconds of rest in between, they burned an average of 112 calories, finds a study in the *Journal of Strength and Conditioning Research*. That's 112 calories in just 2½ minutes of work! They're heavy, so it only takes a few high-intensity intervals to improve your endurance, strength, and power, says Ingrid Marcum, C.S.C.S., director at Battling Ropes, a program used by trainers and gyms. (Check out powerropes.com to order a DVD.) Learn the ropes with this (even tougher) routine created by Marcum.

Your workout

INTENSITY:
Hard (RPE*: Shoot for between 8–9 out of 10 for working intervals.)

TOTAL TIME:
10 minutes

YOU'LL NEED:
A battling rope. It should be about 50 feet long with a 1.5-inch diameter. Most gyms have one; ask a trainer to help you find it.

HOW IT WORKS:
First, anchor the center of the rope around a heavy weight or machine. Start with the first exercise; do as many reps as you can for 30 seconds. Rest for 30 seconds. Do the remaining moves in order, resting for 30 seconds between each. Then repeat the whole thing once more.

CALORIES BURNED:
150**

*Rate of perceived exertion; see page 199 for chart.

**Calorie burn is based on a 145-pound woman.

Double waves Stand with feet hip-width apart, knees bent, and hold rope ends in each hand with an underhand grip. Lean forward from hips and forcefully throw arms up to shoulder height and down toward knees, creating small to medium waves that travel to the anchor point while you simultaneously march or jog in place.

Synchronized circles Stand with feet hip-width apart, knees bent, and hold rope ends in each hand with an underhand grip. Lift arms to chest height, elbows bent, and make big, clockwise circles (between hips and chest) with ropes. Reverse direction at 15 seconds.

Woodchoppers Stand with feet hip-width apart, knees bent, and hold rope ends in each hand with an overhand grip. Lean forward from hips and use your entire body to drive ropes as high as possible (above shoulders), and then slam them toward floor as you squat. Immediately repeat.

Alternating sprints Stand with feet hip-width apart, knees bent, and hold rope ends in each hand with an underhand grip. Lean forward from hips and forcefully throw right arm up to shoulder height and left arm down toward knees. Immediately switch sides to create big, alternating waves.

Crossovers Lunge with right foot forward and hold rope ends in each hand with an overhand grip, hands together. Forcefully slam ropes to your right, then to your left, letting the ropes touch the floor on each side of right foot. Switch legs at 15 seconds.



THINK FAST! The quicker you move the ropes, the smoother your waves will travel.

Photograph by Chris Fanning; hair by Casey Geren/ABTP.com using Alterna; makeup by Jessi Butterfield/Exclusive Artists Management for Dior Beauty. Fabletics bra top; Asics leggings; Nike sneakers

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Ask Jac

Q Can you run off or out-lift cellulite?

—Kendall Hagan, 20, West Field, NJ

GOOD NEWS: You can. "Cellulite is just uneven fat," says Wayne Westcott, Ph.D and professor of exercise science at Quincy University, who's been studying cellulite since 2001. "You can't spot-reduce to get rid of it, but you can spot-strengthen." Westcott's anti-cellulite plan: First, 10 to 20 minutes of cardio intervals to help melt fat all over. "You burn carbs during the work periods, then fat during rest as your body tries to replace the carbs to re-energize you." Next, do strength moves to rebuild the muscles under the clumps, which will smooth them out. Westcott's research shows people get the best results with what he calls the "double-eight" format: Do 1 set of 8 reps of a move (say, a squat if you're trying to get rid of cellulite on your butt) at a light to moderate weight. Rest 30 seconds. Then double the weight and do 8 more reps. "This primes muscles so that by the second set, you can lift a weight that would otherwise seem intimidating, which helps you tone up faster."

Coffee *during* my workout. Good idea?

—Jaclyn Emerick (Yes, asking myself this!)

I drink black coffee throughout CrossFit, yoga, rowing class... and I want to know if it helps or hurts my session. Turns out it's mostly the former. Coffee's caffeine makes you more alert and less fatigued during exercise, and improves reaction time and coordination, says Brian St. Pierre, a strength and conditioning specialist and registered sports dietitian. Plus, a cup of joe enables you to go harder without feeling like you are. "It also stimulates lipolysis, which is when the body releases stored fat into the bloodstream to be used for energy," he explains. "This can lead to greater fat loss over time." The catch? "It doesn't work equally well for everyone, and definitely not for all activities," says St. Pierre. So if the caffeine makes you feel shaky or upsets your stomach, skip it. But otherwise, he says to stick with 8 to 12 ounces, opt for iced (it usually has more water in it, and the cold will help keep your core temperature down), and drink additional fluids if your session lasts longer than an hour.



Jac says...

MAKE BURPEES YOUR WORKOUT NON-NEGOTIABLE

If I could only do one no-equipment exercise for the rest of my life, it would be a burpee (where you drop into a chest-to-floor push-up then jump up as high as you can). You just can't get much more out of a single move. One rep engages all of your major muscle groups, and when you do 10 quick reps you'll get the same metabolism-boosting effects as a 30-second all-out sprint, a study by the American College of Sports Medicine finds. Here are three new ways to do the move so the next time your routine calls for burpees, you won't get bored—and will always see results.

THE DOUBLE DIP
Stand with feet hip-width apart, arms at sides. Crouch, place hands on floor, jump feet back to plank; do a push-up (chest to floor). Jump feet up to hands, then quickly jump feet back and do another push-up. Jump feet up to hands, then do a tuck jump. Immediately repeat tuck jump. Repeat.

BURPEE SIT-UP
Stand with feet hip-width apart, arms at sides. Crouch, place hands on floor, jump feet back to plank; do a push-up (chest to floor). Flip over and do one sit-up. Rotate back to plank, jump feet up to hands, then jump and clap hands overhead. Repeat.

ONE ARM, ONE LEG
Stand with feet hip-width apart, arms at sides. Crouch, place left hand on floor, right hand on lower back, jump feet back to plank. Jump feet up to hand, then jump. Repeat on right side. Then, repeat with each leg lifted (adding in the push-up). Repeat.

Shape's fitness director, **Jaclyn Emerick,** is also a certified personal trainer, Spinning instructor, and kettlebell instructor. Tweet **@shape_magazine** and **@jaclynemerick** with **#fitq** for a chance to get your question answered in an upcoming issue.

Jaclyn photograph by Chris Fanning. Running photograph by Colleen Rentmeester/Trunk Archive. Bottom photograph by Chris Fanning; hair by Casey Geren/ABTP.com for Alterna; makeup by Jessi Butterfield/Exclusive Artists Management for Dior Beauty.

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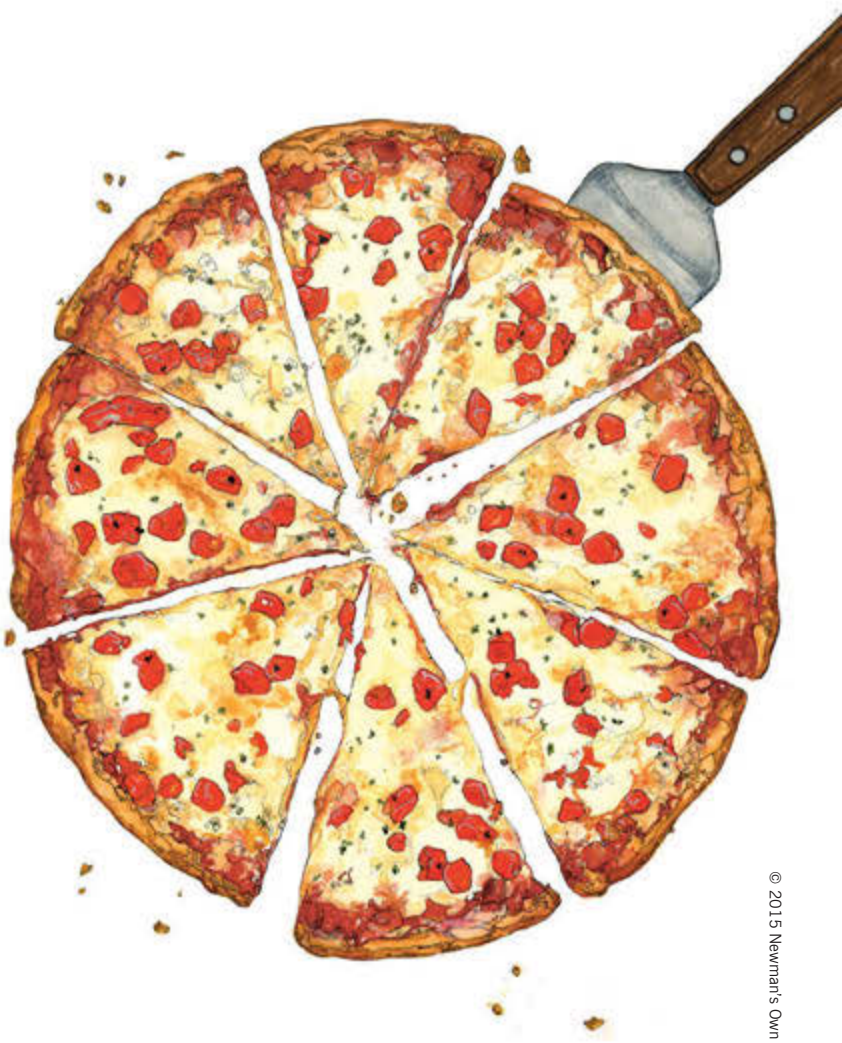
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2015 *SHAPE* SNEAKER AWARDS

The 15 best new pairs for your get-fit goals

By Lisa Jhung





What you wear on your feet can make you faster, stronger, and more coordinated. And when you have more than one fitness goal (which we encourage) you need more than one pair of shoes. Meaning, you shouldn't wear your dance-cardio kicks during a heavy-lifting session. Another reason to expand your collection: Exercisers who used multiple pairs of sneakers were 39 percent less likely to be sidelined by an injury than those who wore just one, finds a study in the *Scandinavian Journal of Medicine & Science in Sports*. So we tested 40 of the latest sneaker models, doing everything from a mud run to kickboxing class, and picked the top 15 performers. Now, pinpoint your next fitness pursuit, and nab the footwear that'll get you there.

Photographs by Jamie Chung



Crush CrossFit: Inov8 F-Lite 235
A 0-millimeter drop from the dense heel to forefoot keeps you low to the ground, providing a stable base for exercises from Olympic lifts to box jumps to 400-meter sprints. Protective rubber extending across the front buffers toes during drop-down moves like burpees and push-ups, while grippy rubber strands spread around the entire upper like a web to shield from rope burn. $130; inov-8.com

↘*[EXPERT TIP] "A minimalist sneaker, or what we sometimes call a flat, allows you to stay connected to the floor while you lift heavy weights, unlike a chunky running-shoe heel that can get in the way," says CrossFit NYC coach Chris Cunningham.*



Run on the beach: BROOKS PureConnect 4
The sole is lined with 24 oval pods of cushion that reposition independently with each strike. This allows muscles in your feet to move more naturally over the shifting sand (unlike with stiffer, rigid soles), which strengthens your entire foot. There's a band that runs up your instep and wraps around your midfoot to keep you locked in place so you can maneuver confidently. $100; brooksrunning.com



Walk farther: Saucony Kineta Relay
Three words: memory-foam footbed. You'll sink in (as your body does to a memory-foam mattress) and feel total comfort, so feet won't get sore on long strolls. The tongue seamlessly attaches to the upper, making it easy to slip in and go. $70; saucony.com



Do faster intervals: New Balance Fresh Foam Zante
The toe curves upward, helping launch you forward. Plus, it's seriously lightweight (at 6.4 ounces it's the lightest shoe in our bunch). All of this makes it easier to take frequent and quicker steps, which, according to research, makes you more efficient. That means you'll feel superstrong during those Tabata intervals or speed drills. $100; newbalance.com



Run more often: Hoka One One Clifton
Clearly, this is the opposite of a minimalist sneaker. But don't let the big platform fool you: At 6.6 ounces, it's just as light (and sometimes lighter) than its pared-down counterparts. And with 50 percent more cushioning than a standard sneaker, joint-damaging shock is practically eliminated. That means your feet won't feel achy after back-to-back sessions, so you'll look forward to an extra run or two each week. $130; hokaoneone.com

Previous spread makeup by Jamie Dorman/ddtp.com



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*5g Fat per serving



PR a 5K: Nike FlyKnit Lunar 3
Every time your foot strikes the ground, large waffle-like lugs on the outsole of the forefoot recess into the plush midsole, softening impact. In fact, astronauts developed this sole with the goal of giving you an antigravity effect so you can feel light and fast. The upper is one piece of seamless knit yarn, which fits like a super-snug sock, providing just-right support for your big sprint to the finish. $150; nike.com



Try kickboxing: PUMA Pulse XT
A deep groove runs along the length of the bottom of the sneaker to help you move laterally more easily. A flat rubber outsole grips the floor so you feel grounded during repetitive kicks, but nimble for side-to-side moves. The midsole compresses and expands on impact, allowing you to react quickly and powerfully. $70; puma.com



Feel confident in dance cardio: Ryka Vida RZX
Tricky choreography like twists and turns is easier thanks to a pivot point (a smooth rubber circle right under the big-toe joint). Flexible grooves on the outsole let you change direction quickly and deliberately so you can make every movement precise. $75; ryka.com

*[EXPERT TIP] "You should master the **footwork first and worry about the rest later,"** says Sadie Kurzban, CEO of 305 Fitness, "That means the right shoe is critical."*



Do a mud run: Salomon Fellraiser
Spaced-out toothy lugs (deep indentations that stick out from the bottom of the shoe) made of sticky rubber grab and get rid of mud, giving you traction on a slippery course. The narrow heel locks your foot in so you won't leave a sneaker behind in a mud pool. Plus, a mesh upper repels water to keep your feet dry. The rubber bumper protects your toes while you scale walls or climb ropes. $110; salomonsports.com



Look good in transit: SpeedForm StudioLux Mid
Just because you don't need shoes in yoga or barre class doesn't mean you shouldn't have a great pair to inspire you to get there. Double the laces around the heel for extra support on longer commutes. Throw them on with skinny jeans after class and head straight to happy hour. $85; underarmour.com

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* Source: AC Nielsen Total xAOC 52 Weeks ending 11/22/14. ©2015 Natrol LLC



Love boot camp: Adidas Adipure 360.2
Extra stability from the midfoot to the heel gives you a solid foundation to jump high and lunge low. Deep grooves in the forefoot make the sneaker super-flexible, which translates to quick, uninhibited movement during agility work like ladder drills and out-and-back sprints with quick turnarounds. The open-mesh upper vents during extra-sweaty sessions. $90; adidas.com



Train for a triathlon: Asics DS Trainer 20
Slip into this seamless sneaker for a quick transition. (The smooth upper won't give sockless feet blisters.) Dense foam on the inner side of the midsole keeps your just-swam, just-cycled tired feet from rolling inward, helping power you through the rest of the distance. $120; asicsamerica.com



Run off-road: The North Face Ultra Cardiac
Dirt, gravel, twigs, grass...you won't feel tough terrain under your feet, thanks to a super-stiff rubber outsole stacked with protective knobby lugs. A wide platform with an extra-high arch keeps your foot in place as you zigzag around trails. The interior is lined with sweat-wicking fabric that will keep you dry on the hottest runs. $110; thenorthface.com

↘ *[EXPERT TIP] "Unstable ground challenges balance; a wider base and rigid sole prevent you from twisting an ankle," says running coach Francis Diano.*



Lift heavier weights: Reebok Crossfit Lifter Plus
The heel is made up of a plastic platform that helps you keep your weight back so you can sink lower into squats then stand back up without wasting energy or feeling off-balance. A heat-activated wrap inside the shoe molds to your foot for a custom fit on the first wear. Adjustable hook-and-loop straps across the midfoot and a heel clip allow you to decide how much extra support you need so there's no chance of slipping. $150; reebok.com



Run longer: Mizuno Wave Rider 18
A plastic wave-shaped plate divides the midsole at the heel, which acts like a barrier to stop impact from reaching your feet. This provides a stable and structured base of support that keeps you reactive mile after mile. $120; mizunorunning.com

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HOT TOPIC: Firming Up

Embrace the weight

You've dropped pounds. High-five! It's now more important than ever to make a simple workout change that'll help you shape your new body and keep the lbs off for good.

Weight loss boils down to a simple equation: Expend more calories than you take in. With that, eating well and doing cardio is your fast-track to success. But when it comes to shaping your body, there's a totally different way to get results: strength training. "The number on the scale is where you want it, but maybe your butt is still saggy or your tummy not quite taut—less cardio and more lifting fixes that," says Holly Perkins, a strength and conditioning specialist and the founder of Womens StrengthNation.com, a resource to inspire women to get in the weight room.

So why do less cardio? For one, cardio is catabolic; too much of it increases production of the stress hormone cortisol, which, over time, slows your metabolism and throws off how your body manages carbs (by shuttling them to be stored as fat). Also, cardio doesn't have much effect on muscles. When you run you engage your butt and legs, sure, but it's not enough to break down the tissue prompting the muscle to rebuild stronger and firmer like weighted squats can.



Strength training makes muscles more metabolically active, so you burn more calories.

Never be afraid of muscle

Repeat: I will not bulk up. "It's hormonally impossible," says Perkins. Simply put, women don't have as much muscle-building testosterone as men do. As a general rule, Perkins recommends you lift weights heavy enough so you can do 12 to 15 perfect reps of any move, but no more. "The weights you'll be capable of lifting will never trigger big muscle growth," she says. What it will do is make your muscles more metabolically active (which helps you burn more calories). "This training also causes muscle fibers to swell, so they look toned," says Perkins. Dense muscle is tighter than fat, which is why your weight should stay the same even though you may drop a full size.

Efficiency is key

There are two ways to sculpt: You can do simple, isolated moves that target one muscle or muscle group at a time (like a biceps curl or leg extension), or you can do bigger, compound movements that work multiple muscle groups at once (like a lunge with a biceps curl or deadlift). "The long-term goal is to focus on the latter because they get you results faster," says Perkins. "When I take clients from simple workouts to compound movements, I see a quick drop in body fat and better muscle shape."

When and how much

During the first two to four months, aim for three 35-minute total-body strength-training sessions on alternate days each week. During two of those workouts, focus on simple, isolated exercises. During the third session, try with more compound movements, like squat to shoulder press, deadlift to high pull, and push-up into side plank. Visit shape.com/firmup for Perkins' full workout plan designed just for our *Journey After the Journey* readers. As for cardio, Perkins recommends tallying up the amount you've been doing in minutes per week. Then, cut that number in half. Aim to do that much cardio per week in addition to your strength training. Ideally, do it on non-strength-training days or after your weight session.

Photograph by Jonathon Kambouris; styling by Jill Edwards for Holley Resources



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Nora Tobin's Fit Tips

Firm faster with this tool

The BOSU ball is basically half of a stability ball on a rigid platform. Do Tobin's moves on one and you'll feel wobbly, so more muscles have to work together to keep you stabilized. Do 2 or 3 sets of each of these moves.

WARRIOR LEG LIFT

Works abs, butt, quads, hamstrings

Stand on BOSU (black side down) with feet hip-width apart to start. Bend forward and lift left leg behind you as you extend arms in front of you so body forms a *T* position. Raise leg 1 inch; lower 1 inch. Return to starting position for 1 rep. Do 8 to 12 reps. Switch sides; repeat for 1 set.

BOSU BURPEE

Works shoulders, chest, abs, butt, quads, hamstrings

Stand with feet hip-width apart and hold the BOSU with both hands (black side away from you) at chest level. Crouch, place BOSU on floor, jump feet back to plank, do a push-up, jump feet to hands, then stand and lift BOSU overhead for 1 rep. Do 12 to 15 reps.

THE BICYCLE

Works abs, obliques

Sit on BOSU (black side down). Roll onto low back and extend legs and bring palms behind head. Slowly reach right elbow to left knee (shown). Switch sides; repeat for 1 rep. Do 8 to 12 reps.

HOP OVER

Works abs, butt, quads, hamstrings, calves

Stand to the right of the BOSU (black side down) with feet together, knees slightly bent, arms at sides. Hop over the BOSU to land on the left; immediately jump back to the right for 1 rep. Do 12 to 15 reps.

PLANK REACH

Works shoulders, chest, abs, butt, quads

Start in plank with hands on the BOSU (black side down). Extend right arm in front of you as you lift left leg a few inches off the ground. Hold for a breath; slowly lower to plank. Switch sides; repeat for 1 rep. Do 8 to 12 reps.

Nora Tobin is a trainer and *Shape* contributor based in Los Angeles. Find her 7-minute workouts at **shape.com/strongin7.**

April's Hottest Workout Song
Fifth Harmony - "This Is How We Roll"
Predicted exclusively for *Shape* by Spotify
Visit Shape.com/aprilmix for a full spring playlist.

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SALES OF ACTIVEWEAR LAST YEAR.

Experts speculate this rise in sales (7 percent from the year before) is largely due to the fact that people aren't just wearing fitness gear to the gym, they're wearing it to get coffee, to shop—even to the office. And that's not a bad idea: Wearing a sports bra under your blouse or leggings under a dress can help motivate you to work out after work, says sports psychologist Barbara Walker, Ph.D. Source: NPD Group survey

Photograph by Chris Fanning; hair by Casey Geren/ABTP.com using Alterna; makeup by Jessi Butterfield/Exclusive Artists Management for Dior Beauty. On Nora Tobin: Lululemon bra top; Balini Sports leggings; Nike sneakers from a selection at Zappos


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Gear

Dress for exercise success

Wearing sweat-wicking clothes can make you significantly faster and more powerful during your workout, a new study out of Ohio State University finds. Even more amazing: This effect is more pronounced for girls than guys. In the study, women navigated a course of cones quicker and with better agility than the men when they were outfitted in wicking fabrics. (One reason is that men tend to sweat more than women, so they may take longer to get as much benefit from the high-tech clothes.) These new pieces do the trick.



Roxy Relay Capri ($54; roxy.com) A combo of Lycra and recycled nylon, plus mesh panels behind the knees, keeps you cool during the hottest sessions.

DON'T SWEAT IT
Wicking gear lets moisture escape and evaporate, whereas fabrics like cotton trap it against your body.

Tag @Shape_magazine on Instagram with #showus youroutfit to share how you style your session.

Sweaty Betty Speed Work Run Tank ($125; sweatybetty.com) The fabric is designed to let air flow between the fibers. It's your personal cooling system!

Under Armour HeatGear Armour bra ($30; underarmour.com) This polyester-elastane blend is silky but remains dry thanks to tech that draws sweat from your skin to the fabric into the air.

Photograph by Jonathon Kambouris; styling by Jill Edwards for Halley Resources

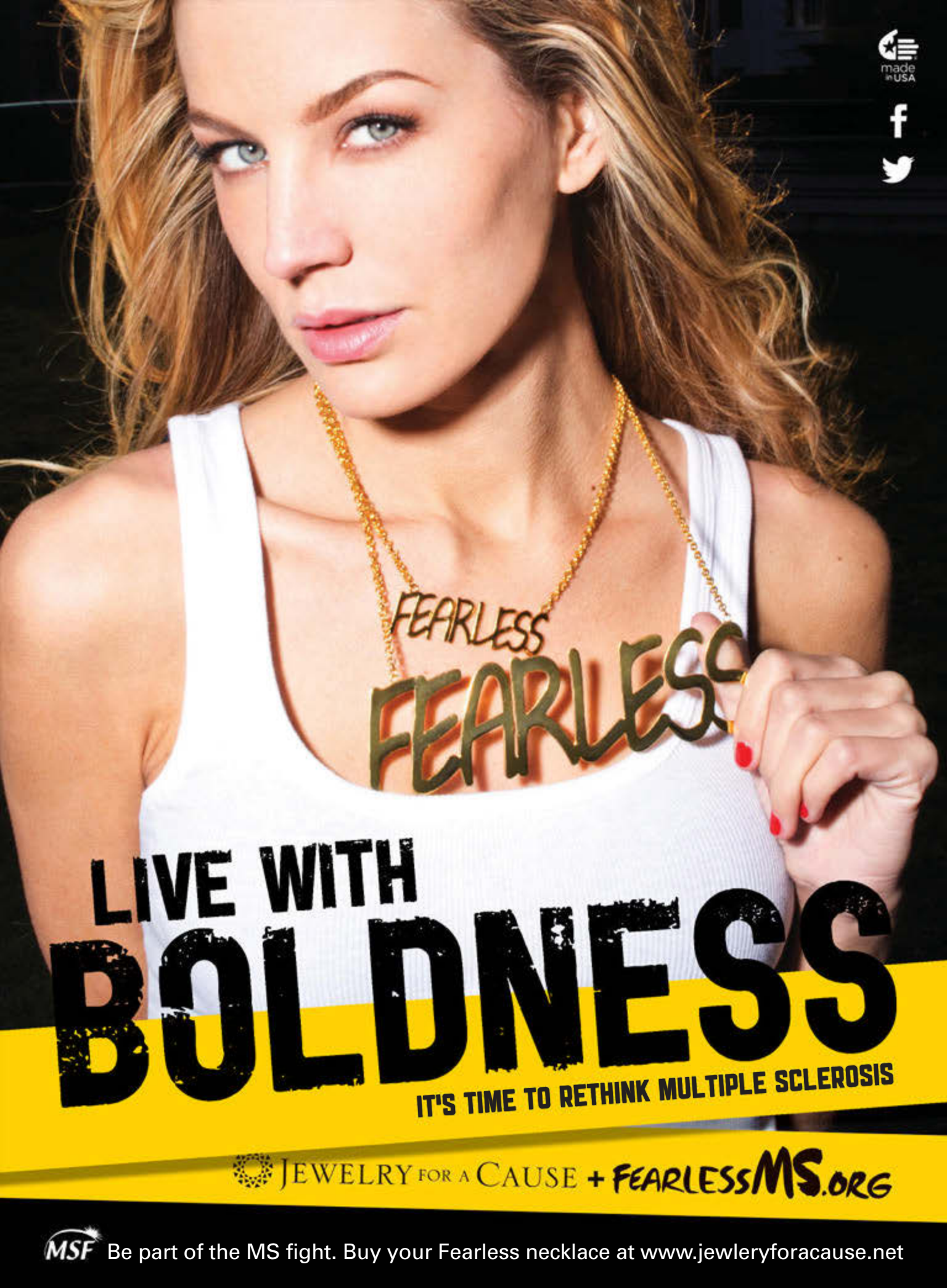
Mental tips to make your run easier

See positive: When people were shown images of happy faces or action words like "energy," subliminally they said exercise felt easier and they went for up to 7 minutes longer than when they were shown sad faces or "inaction words," a study in *Frontiers of Human Neuroscience* found. DIY not-so-subliminal messages with the *Martigo* app (free; iTunes). It lets you invite friends to cheer you on with personalized motivational messages that play automatically at mile markers they select.

TAKE A 5-MINUTE BREATHER
If you're struggling to get in the mood for your run, you won't be as speedy, finds a study in *The Journal of Sport & Exercise Psychology*. That's because using willpower (as in, making yourself exercise) before your workout means you won't have as much left in reserve to blast past your comfort zone. A simple way to restore your drive to baseline: Sit quietly and focus on your breath for 5 minutes before your run, says study author Chris Englert, Ph.D.



LIE TO YOURSELF
Participants in a recent *PLOS Biology* study who were asked to mentally turn down pain (as if turning down a stereo dial) when they touched a hot plate felt less pain than those who mentally turned up the pain or ignored it. Whether you're superhot or your sports bra starts chafing, tell yourself it doesn't hurt that badly. Even if it does, this helps the sensation feel less intense so you can persevere, says study author Tor Wager, Ph.D.


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Photographs by Hannah Whitaker; food styling by Jamie Kimm

Top your toast

It started with avocado, but there's no limit to what you can stack on a slice to add high-impact flavor. These creative examples include slow-burn carbs, protein, and produce for the perfect health hit.
By Raquel Pelzel

Turn the page for recipes

The slice is right

You'll need hearty bread to stand up to the toppings. We like: dark rye, multigrain (look for a 100 percent whole-grain label), fruit and nut, and whole-wheat baguette, boule, and sourdough.

(From previous page)

ASPARAGUS & BEAN

Slice 2 steamed asparagus spears into 8 strips. Stir 3 tablespoons chopped, roasted red bell peppers with ½ tablespoon finely minced red onion, 1 tablespoon lemon juice, and ½ teaspoon each olive oil and salt. Add asparagus and toss to combine. Smash ⅓ cup cooked or canned cannellini beans with 2 teaspoons olive oil and ¼ teaspoon sea salt. Divide bean mash over 2 toasts and top with marinated peppers and asparagus spears. Sprinkle with freshly ground black pepper.

FRUIT & GRANOLA

Spread 2 pieces toast with 1½ tablespoons ricotta mixed with 1 teaspoon honey. Top with 2 dried Turkish apricots cut into strips; sprinkle with granola.

CARROT RIBBONS & SUNFLOWER BUTTER

Whisk 1 tablespoon lemon juice with 1 teaspoon olive oil and ¼ teaspoon sea salt. Add 1 cup shaved carrot ribbons (use a vegetable peeler) and 2 tablespoons chopped golden raisins. Spread each of 2 toasts with 1½ tablespoons sunflower butter. Top with carrot ribbons, chopped cilantro, and salted, roasted sunflower seeds.

CUCUMBER & RADISH

Stir 4 chopped fresh basil leaves and ¼ teaspoon toasted sesame oil into 3 tablespoons cream cheese. Divide over 2 toasts. Top with thin cucumber and radish slices. Sprinkle with furikake (a Japanese seasoning mix) or toasted sesame seeds.

YOGURT & BEET

Whisk together 1 tablespoon each orange juice and lemon juice and ¼ teaspoon sea salt. Add 4 thin raw beet slices and marinate for 10 minutes. Stir 1 tablespoon chopped fresh mint into ¼ cup labne (or plain Greek yogurt). Divide yogurt over 2 toasts, top with beet slices, and sprinkle with finely chopped pistachios.

Nuts add protein and a satisfying crunch.



Raquel Pelzel is an award-winning food writer and cookbook author. Her next book, Toast, *comes out in September (Phaidon).*

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The stats on...

Sushi

Fish and raw vegetables are lean, clean, and healthy—just be clued in on the tipping point of rice overload, batter, and special sauces. Here, the tally for some menu favorites.



Shrimp tempura roll
53 calories

California roll
41 calories

Vegetable roll
39 calories

Rainbow roll
58 calories

QUICK TIP
When eating nigiri, dip the fish side—not the rice—into the soy sauce to avoid overloading it with sodium.

Tuna sashimi
18 calories

Shrimp nigiri
62 calories

QUICK TIP
Most sushi rice has white sugar mixed in, further loading it up with refined carbohydrates. (Each roll packs the equivalent of about a cup of rice.) Avoid the carb-y calorie bomb by asking for brown rice rather than white, or better yet, order rolls "naruto style"—meaning wrapped in cucumber instead.

Salmon & avocado hand roll
134 calories

*Calorie information is per piece.

Photograph by Adam Voorhes; food styling by Robin Finlay



How Wendy's® preps Romaine.



How other "salad places" prep Romaine.

You'd be surprised who's cutting corners on salads. Not Wendy's. We make our salads fresh every day, starting by hand-washing and hand-prepping whole heads of Romaine in our restaurants. Some other salad places often use Romaine that's processed in a factory and shipped pre-bagged, then served in a fancy bowl with a fancy price tag. At Wendy's, we believe it's not what your salad goes into, it's what goes into your salad.

It's time to look beyond the bowl at YouTube.com/Wendys.



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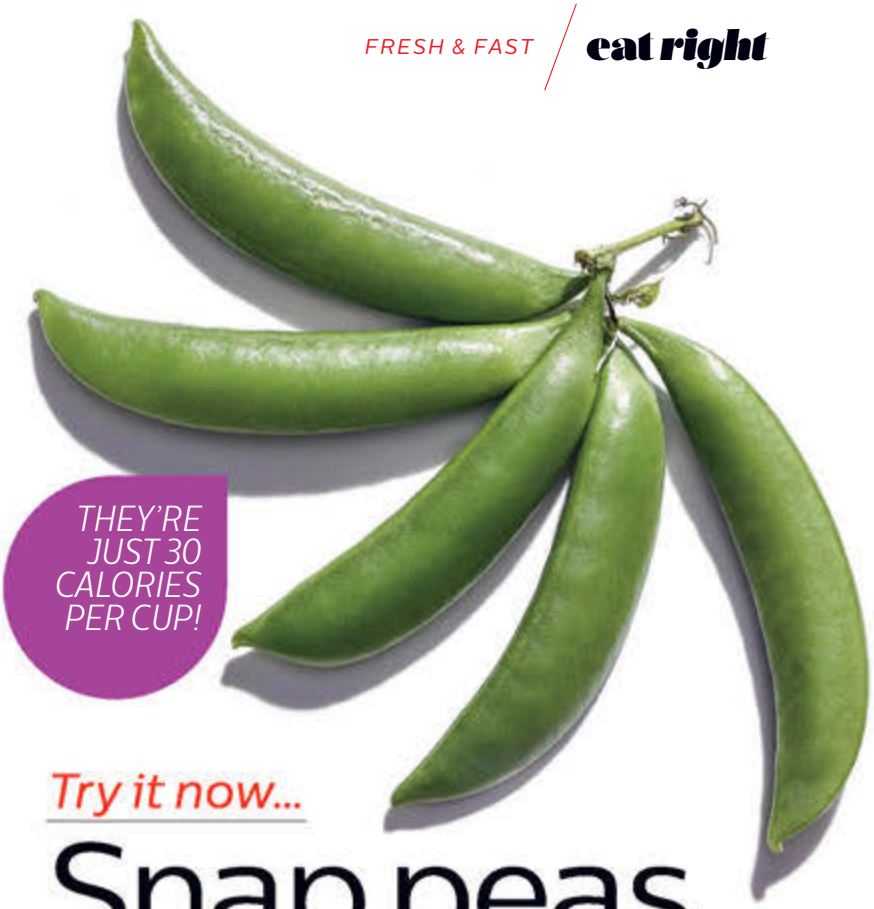


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Snap peas

These pods make a great snack, satisfying your need for crunch while offering a hint of sweetness. They also provide fiber (nearly 3 grams per cup) and immunity-boosting vitamin A. And, they work in a wide range of meals: "They deliver texture and flavor contrast," says Katie Lee, author of *Endless Summer Cookbook*. Her snap pea and radish salad recipe is below, along with delicious ideas from two other top chefs.

Make a fresh salad

"Blanch about ¾ pound trimmed peas in salted water for 2 to 3 minutes. Cool, then combine with a bunch of radishes (half thinly sliced, half cut in halves) and a couple of tablespoons of minced fresh chives. Toss with a vinaigrette of 3 tablespoons olive oil, 1 tablespoon cider vinegar, 1 teaspoon honey, 1 teaspoon salt, and ½ teaspoon black pepper."

–Katie Lee

Infuse with Asian flavor

"You can marinate fresh snap peas, but if they're packaged, quickly boil in salted water first. Salt lightly, then dress with equal parts lemon juice and olive oil. Add grated garlic, red chili flakes, and grated ginger, and toss to combine. They'll taste great after a few minutes, and even better an hour later or the next day."

–Andrew Corrigan, Chef de Cuisine at Tenth Avenue Cookshop in New York City

Blend them into a puree

"Since snap peas aren't available in Italy, I like to use them in Italian dishes for a new twist. Blanch the peas for 2 to 3 minutes in boiling salted water, then puree and add your favorite nuts, a garlic clove, and some Parmesan for an easy pesto sauce. The puree also works blended into gnocchi dough or even mixed into hummus for a quick green dip."

–Brando de Oliveira, Executive Chef at Florian in New York City

Photograph by Travis Rathbone; food styling by Claudia Ficca for Apostrophe

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The best kitchen tool you're not using



Kitchen shears make healthy cooking a breeze. Think easier, faster cutting and clipping all those veggies and herbs, plus trimming lean meats, says scissors enthusiast and chef Judy Joo. Here, eight ways to work the blades.

1
Chop chilis
Keep your hands burn-free and grip the pepper by the stem as you snip away sections.

2
Prep greens
Make a head of lettuce or a bunch of spinach salad-ready by cutting leaves into bite-size pieces.

3
Snip scallions or herbs
Avoid getting a cutting board dirty and hold a bunch over a prep bowl; cut them down to the size you need.

4
Trim poultry skin
Put the tip of one shear under the skin and then start cutting, pulling back the skin with your free hand as you work.

5
Break down broccoli
Snip florets from the stem more easily than if you tried to just knife them off.

6
Slice pizza
A pizza cutter serves only one purpose; save your money and instead use shears to divide the pie into slices.

7
Cut turkey bacon
Raw bacon is slimy and hard to trim; use shears to snip it into thin strips.

8
Dice canned tomatoes
Scissors let you chop up whole tomatoes without having to take them out of the can.

CUTTING CLEANUP
Most shears separate into two pieces for easy cleaning. If yours don't, be sure to wash and dry thoroughly. A toothbrush can help you reach food bits caught in the hinge.

Photograph by Claire Benoist; food styling by Vivian Jao; prop styling by Caroline Colston for Holley Resources

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Sneaky sugar

A little sugar is generally okay. (Experts recommend a max of 100 calories of added sugar a day.) But you might be getting more than you realize, since it's hiding in everyday foods. Seeing sugar content in cubes helps people comprehend the gram amounts, say researchers at the University of Alabama; take a look at what some common foods are packing.

1 sugar cube = 2.3 grams. All values are rounded and nutrition information is from USDA.



A whole-wheat bagel **equals 6 GRAMS of SUGAR** (3 cubes)



An order of kung pao chicken **equals 18 GRAMS of SUGAR** (8 cubes)



A 6-ounce lowfat fruit yogurt **equals 32 GRAMS of SUGAR** (14 cubes)

WHERE IT LURKS

Some sugar (like in dairy or fruit) occurs naturally. To avoid added sugars, look for words that end in "-ose" on labels.

Photograph by Travis Rathbone; styling by Claudia Ficca for Apostrophe

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Carb-lover's mac & cheese

The Velveeta-orange hue in this mac and cheese doesn't come from a box, but from a nutrient-dense sweet potato, thanks to **Jeanine Donofrio from the blog "Love & Lemons."** Roast a medium sweet potato with 2 shallots at 350°F. Puree it, and use to replace about ½ cup of the cheese sauce of your favorite mac and cheese recipe the next time you make this classic comfort food.

Make *anything* healthier!

At *Shape*, we consider deprivation sacrilege. To forgo indulgent dishes in the name of health? Depressing, misguided, and unnecessary. Which is why we consulted the best cooking and nutrition pros for ways to make any food better for you, whether that means it's less caloric, made with more wholesome ingredients, is lower in fat, sugar, or carbs—or all of the above. Because we *never* want to live in a world without pasta. By Alyssa Shelasky

Photographs by Hannah Whitaker; food styling by Jamie Kimm; prop styling by Emily Mullin for Kate Ryan Inc.

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Super-creamy Caesar dressing

Instead of the classic dressing, **Chef Doug Psaltis from RPM Italian in Chicago** mixes together 1 cup whole-milk Greek yogurt, 5 roasted garlic cloves, 1 tablespoon Dijon mustard, ¼ cup grated Parmesan, ¼ cup lemon juice, 1 teaspoon Worcestershire sauce, 2 chopped anchovies, 1 tablespoon red wine vinegar, salt, and pepper for a creamy, guilt-free version.



KEEP GREENS HEALTHY Traditional Caesar dressing can be a secret calorie bomb.



PERFECT FOR PALEO Since they have no flour or dairy, these pancakes are a paleo-dieter's dream.

The best brunch pancakes

The batter for these flapjacks is made by mixing 2 beaten eggs, a mashed banana, ½ teaspoon baking powder, and a sprinkle of cinnamon. Cook 'em in a hot skillet with a little coconut oil for a minute on each side, and top with fruit, hemp seeds, nuts, and a drizzle of maple syrup, suggests **Miranda Hammer, M.S., R.D., founder of crunchyradish.com.**

Chips and dip

Chef Franklin Becker of The Little Beet Table restaurant and author of *Good Fat Cooking* suggests getting your crunch fix with beets. Slice up 1½ pounds beets, toss them with ¼ cup canola oil, and sprinkle with salt and pepper to taste. Bake in a single layer at 350°F for about 35 minutes, rotating halfway through. For a simple dip, Becker purees lowfat Greek yogurt with lemon, mint, dill, olive oil, and salt and pepper.

Every-single-day ice cream

When you make your ice cream out of fruit and nuts, you can have it for dessert as often as you like. **Lauryn Evarts of the lifestyle blog "The Skinny Confidential"** makes a froyo-like treat by blending frozen bananas, ground pistachios, raw almond butter, and a splash of almond milk. She tops it off with chopped roasted pistachios, a dash of cinnamon, and fresh berries for a healthy sundae that almost looks too good to eat.

ADVERTISEMENT

A Pill That Can Reshape Your Entire Body In 30 Days?

by Tiffany Strobel

As incredible as it sounds, groundbreaking research has just identified a compound that can not only help you lose weight, but can actually reshape your entire body, reducing waist size, hip size, thigh and buttock circumference, belly bulge, and... last but not least... cause a significant loss of actual fat mass from all over your body. Has the "miracle pill" finally arrived?



It doesn't happen very often, but every once in a great while a new weight-loss product comes along that really gets me excited. And, the fact that I get to tell you about it before Dr. Oz features it on his super-popular TV show is "icing on the cake!" The product is called Vysera-CLS, and, unlike your run-of-the-mill "diet pill" that merely helps you lose weight (while following a strict low-calorie diet), Vysera can actually reshape your entire body... dropping inch upon inch of unsightly fat from your waist, hips, thighs and tummy... even if you're eating more than 2,000 calories a day! Some people are calling it a "miracle pill." However, this "miracle pill" is backed by serious clinical research published in the highly respected *British Journal of Nutrition*.

> *"It's sort of like eating a whole donut, but only absorbing a fraction of the calories..."*



The Power to Reshape Your Entire Body

While you and I only care about results (and the results are incredible), the scientists I've spoken to are even more excited about how this compound works.

So here we go. In a randomized, double-blind, placebo-controlled clinical trial, study subjects took the compound along with their main meal of the day. Thirty minutes later, they had a significantly lower percentage of blood glucose increment from baseline, a smaller increase in C-peptide and, forty-five to one hundred twenty minutes after they ate, subjects also experienced a smaller insulin increase compared to placebo. Additionally, with respect to time, researchers observed a significant effect on the hunger hormone ghrelin as well as on satiety and desire to eat. The end result was that the specialized compound was shown to cause a significant reduction in body weight, fat mass, BMI, adipose tissue thickness, and waist/hip/thigh circumference while maintaining lean body mass.

So Here It Is In Plain English:

People who took this incredible compound not only lost weight, but lost a significant amount of squishy, flabby, unattractive body fat from those hard-to-target places we all hate: our hips, thighs and butt. It also caused a significant reduction in the amount of fat around the waist (yes, that means you can start saying goodbye to your love handles), helping study subjects achieve that tight, sexy, firm figure we all dream of. And the best part? The compound did all this on 2,000 to 2,200 calories a day! In other words, without requiring anybody to follow a low-calorie diet or work out for hours every day! Think of it this way... it's sort of like eating a whole donut, but only absorbing a fraction of the calories. How's that for amazing? (Of course, we don't advocate eating a donut as a meal, and this example is used for illustrative purposes only.)

Where Can You Get It?

A company here in the USA has acquired the patented compound and added a proprietary mood-elevating, feel-good energy component to help eliminate diet fatigue and get you through the day with a smile on your face (another added benefit). This unique formula has been exclusively licensed to Bremenn Clinical under the trade name Vysera®-CLS. And trust me on this... once you start taking it and see how quickly it transforms your entire body, you'll be a believer, too.

So What's The Catch?

It seems there's always a catch with "diet" pills... so what's the catch with Vysera? The price. A full 30-day supply of Vysera will cost you about $100... in other words, don't go looking for it at your local Walmart. Vysera-CLS is currently available at all Ulta stores, Kohl's, and GNC. Over the next few months, it will be available on a limited basis at prestige retailers across the U.S. Having a hard time finding Vysera-CLS? Can't wait? You can order it directly from Vysera by calling 1-800-631-9460 or visit their website at VyseraCLS.com. Use the promo code VYSERA167 at checkout and shipping is free!†

Tiffany Strobel is an author, columnist, and beauty editor of MyFreeDiet.com

Featured Product



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Individual results will vary. Use in conjunction with the super simple "Total Body Shaping" Plan on the insert inside each box of Vysera-CLS. †Free standard shipping in the continental U.S. All trademarks are property of their respective owners. ©2015 All Rights Reserved BR14756-84

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Girls on the run

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New in this issue...

Find more to love with access to these exclusives from SHAPE and our partners!

Wilde for Olivia

Learn more about our cover girl with bonus scenes from the shoot, how she lives in the fit mindset, and what's next on her wild ride!

Trending Now

Stay in the know with the latest on SHAPE.com for the giveaways, stories, and news we're buzzing about this month!

Spring Ahead

This season's produce is in full bloom, just in time to wilt those winter blues! Mix it up in the kitchen and sink your teeth into spring's bounty.

Beauty Blossom

It's time to refresh your beauty bag and throw those winter hues into storage! We've rounded up the latest must-haves so you can blossom this spring!

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Pizza crust made of . . . cauliflower?

Yep, says **David Frenkel of "Green Kitchen Stories."** Process the florets from a head of cauliflower until it has a rice-like texture. Mix with ¾ cup ground almonds, 1 tablespoon dried oregano, 3 beaten eggs, salt, and pepper. Shape into a ball, flatten on a baking sheet (keep edges higher), and bake at 400°F for 25 minutes or until golden. Add toppings, bake for another 5 to 10 minutes, and serve.

Faux Alfredo

"This is one of those dishes that I love but has guilt written all over it," says **Chef Carolina Santos-Neves, of Comodo and Colonia Verde in New York City.** Her solution: Instead of using cheese, cream, and butter, Santos-Neves combines 2 tablespoons white miso, ½ teaspoon tamari, and ½ cup toasted walnuts in her food processor with 1 tablespoon of water and the juice from ½ lemon to create a sauce with the same taste and texture as fat-filled Alfredo (just trust us on this one).

Velvety soup

Suckers for cream of broccoli soup will love the creamy texture of this dairy-free green soup from **Rebecca Katz, author of *The Healthy Mind Cookbook.*** Simmer a bunch of greens, 1 chopped onion, 1 chopped yellow potato, and 1 handful of broccoli florets in water or vegetable broth. When tender, use an immersion blender and whip it all up—the starch in the potato will lend this soup a smooth, velvety texture without the fat and calories of heavy cream. (Good for vegans and lactose-intolerants too!)

THE FULL STEP BY STEP
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"Fried" chicken

You don't need bread crumbs and inches of oil for crispy and delicious chicken breasts. **Chef Bill Dorrler from Osteria Morini in New York City** toasts 1 cup of farro or quinoa per breast in a dry pan and then grinds them to a breadcrumb consistency. Once cutlets are dredged in egg and then "breaded," he bakes instead of fries. *Buon appetito*!

Ranch "Doritos"

Casey Barber, author of *Classic Snacks Made from Scratch,* is a self-diagnosed Doritos addict. She makes her own version of a ranch powder for unsalted popcorn, homemade pita chips, or sliced cucumbers. For a ¼-cup batch, mix 1 tablespoon cheddar powder (available on amazon.com), 1 teaspoon each onion powder, garlic powder, and buttermilk powder, ½ teaspoon dried chives, ¼ teaspoon citric acid (available at Williams-Sonoma), ¼ teaspoon dried lemon peel, and a pinch each kosher salt and Hungarian paprika in a spice grinder or mini food processor; blend for 10 to 15 seconds.

Chocolatey mousse

There's no greater anything-can-be-healthy evidence than the recipes and tips **Katie Higgins features on her blog, "Chocolate Covered Katie."** Her chocolate frosting moonlights as chocolate mousse, chocolate whipped cream, a parfait layer, or a dip for fruit. Blend 1 can of coconut cream with ½ cup plus 2 tablespoons unsweetened cocoa powder, 1 teaspoon vanilla extract, and a pinch of stevia or powdered sugar, and grab a spoon. And then, send Katie a thank-you note.



THICK AND RICH
The taste and texture is super luscious, so just a little will satisfy a chocolate craving.

Rich brownies

Black beans make an uncanny substitute for the flour in brownie batter. **The pros behind the health and wellness website How You Glow** explain that in addition to adding fiber and healthy fats, mashed black beans give brownies that crispy crust and fudgy inside that make us swoon. Puree a can of black beans and mix with 2 eggs, 1 tablespoon vanilla extract, ¾ cup cocoa powder, ½ cup maple syrup, 1 teaspoon baking powder, ½ teaspoon each salt and baking soda, and ¼ cup melted coconut oil, and bake at 350°F for about 25 minutes.

Chocolate chip cookies

Amanda Freeman, owner of the booming fitness chain SLT studios, is known to be very busy, very healthy, and very hungry. She relies on these cookies, which are made from five whole ingredients, to make her happy on hectic days. Combine 2 ½ cups rolled oats, 2 ripe, mashed bananas, 1 cup almond butter, 1 teaspoon cinnamon, and ⅓ cup dark chocolate-chips. Roll into dough balls, flatten to desired shape, and bake at 350°F for 12 to 15 minutes.

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Watch this weight-gain trap

Hidden carbohydrates lurking in your food could be your diet downfall, says nutrition scientist David Plourdé. He explains how to know what you're really eating.



SLEUTH OUT THE CARBS An egg-white omelet may seem like the perfect high-protein meal. But store-bought, pre-shredded cheese and boxed egg whites can both have hidden carbs, says Plourdé.

You're trying to be smart about your diet. You're exercising. But for some reason the scale isn't budging, or the weight refuses to come off as fast as you'd like. "A weight-loss problem means there's a problem in your fat cells," explains nutrition scientist and exercise physiologist **David Plourdé, Ph.D.**, founder of The Plourdé Institute. In his interdisciplinary, science-based weight-loss program, he helps people increase the activity of hormone-sensitive lipase, an enzyme that breaks down fat. Once their cells can release fat, the extra pounds start to disappear.

One way he does this is by putting his patients on a high-fiber diet free from added sugars and simple starches, such as white flour, since the body burns sugar for fuel before burning fat. But if you try to restrict your total carb intake on your own, it can be tricky. So many foods that you'd never imagine to have carbs are secretly loaded with these diet wreckers. You don't know you're consuming them, so the scale remains stuck.

A study Plourdé conducted bears this out, revealing that when people know where carbohydrates lurk, they can avoid them and lose body fat. In the study, he divided 308 overweight people, all on a high-protein, moderate-fat diet, into three groups. One group received no guidance on how to avoid secret carb sources, while the second group had limited information. The third group was given detailed instructions on how to steer clear of hidden sugars and starches. Armed with the most info, the third group lost 71 percent of their body-fat mass—almost 50 percent more than the group left in the dark.

So how can you avoid sneaky carb sources? First, scan food ingredient lists for words like "modified starch" and "maltodextrin" (which means it's made from starch). Also, take a closer look at what is in foods you wouldn't normally think of as having carbs—like chicken (look for the word "product"; it's a clue that the chicken is fortified with starch), regular and diet beverages, pre-separated egg whites, and even medications. Or go by this smart rule of thumb: Eat simple food with only a few, if any, added ingredients. "If the list of ingredients is a paragraph long, you don't need a Ph.D. in chemistry to know that you're probably getting some hidden carbohydrates," says Plourdé. For more info, please visit the plourdeinstitute.com



Nutrition scientist and exercise physiologist David Plourdé is the founder of the Plourdé Institute, a weight-management center in Illinois.

Food photograph by Will Styer; food styling by Jen Beauchesne. Plourdé photograph by David Johnson


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Drink *up!*

Staying hydrated may make your workout feel easier.

YOU KNOW that eating the right snack before a workout helps you perform your best, but have you been paying attention to how much you drink? New research finds that proper hydration doesn't just keep you healthy, it may affect how tough you find your workout. For example, in a study in *The American Journal of Sports Science*, endurance athletes found their competitions less strenuous when they had enough H_2O in their systems—and had a greater sense of well-being during events.

Another small study of 10 participants, in the *British Journal of Sports Medicine*, found that when tennis players were competing in the heat, optimal hydration levels helped buffer against the temperature-related strain they experienced, as well as the physical and psychological challenges of playing in high temperatures.

Whether you're on a racecourse, facing off with a tough competitor, or pushing through a training session, anything that helps lower your perceived exertion may help you go faster, farther, and harder. So drink plenty of water—and don't wait until you feel dehydrated to up your fluid intake: Drink up before, during, and after workouts. Carrying a bottle of water with you is an easy way to make sure you're always hydrated.

Some information for this article was provided by FIJI water.



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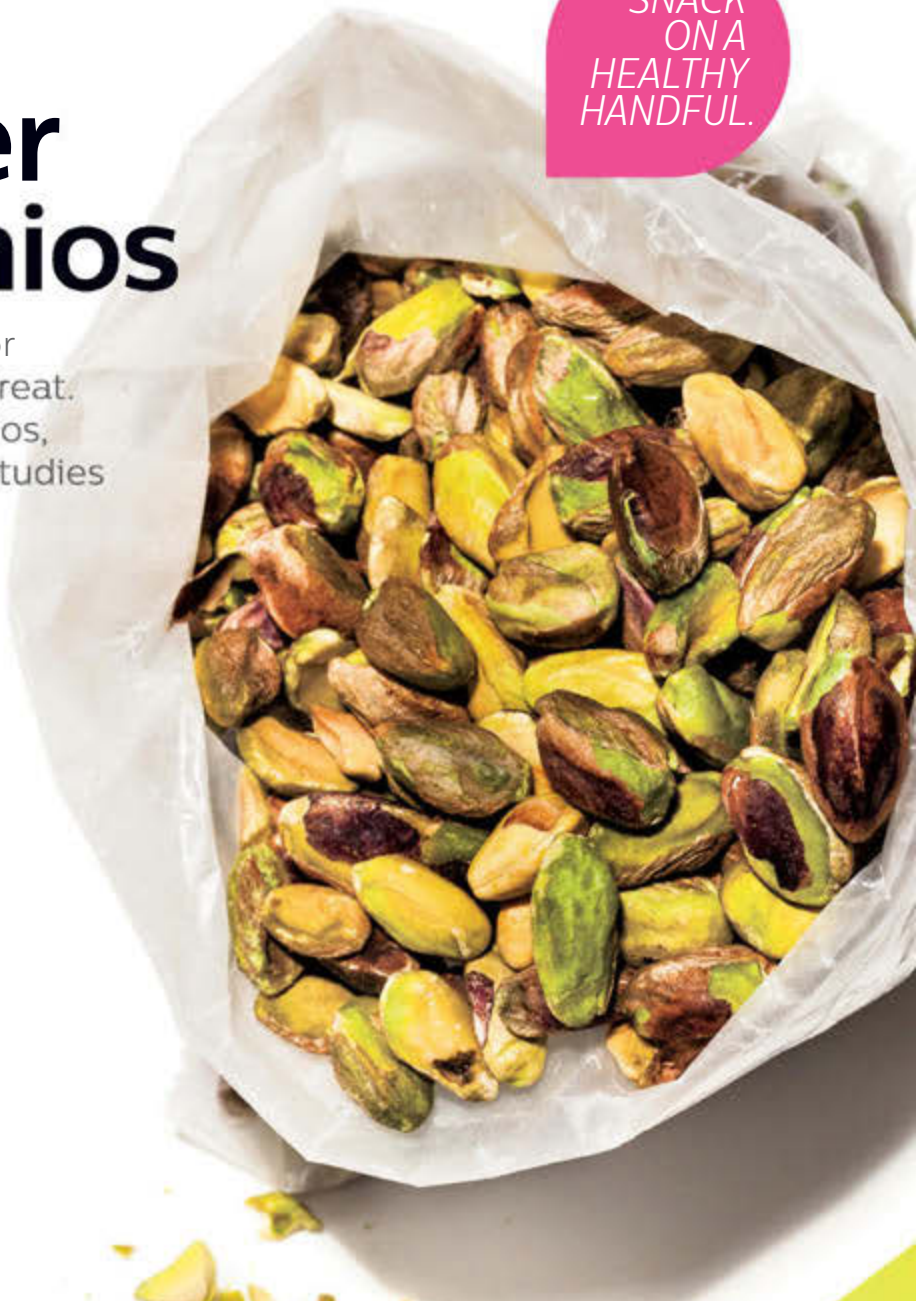
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The power of pistachios

A delicious snack that's good for your health seems to be a rare treat. Yet this is the case with pistachios, as more and more preliminary studies point to promising benefits.



When it comes to healthy snacking, a new preliminary study suggests that not all calories are created equal. In a 12-week randomized study, 52 overweight and obese subjects were placed on a 500-calorie deficit diet and were assigned to either a portion-controlled pistachio snack or pretzel snack group. The pistachio group included a daily snack of 240 calories (about 75 pistachios) and the pretzel group, a 2-ounce snack totaling 220 calories. Because both groups lost weight, this research suggests that controlled portions of pistachios can be included in a healthy diet, even for those who are managing their weight.

A very small preliminary feeding study of eight men and eight women by the United States Department of Agriculture suggests that pistachios may contain 5 percent fewer calories per serving than originally calculated. A reduced serving of 30 pistachios offers about 100 calories along with protein, fiber, vitamins, and minerals, making it a nutritious and satisfying snack.

New preliminary research suggests regularly eating pistachios may affect the composition of gut microbiota. In a small 16-person study last year published in the *British Journal of Nutrition*, the researchers observed that people who ate 3 ounces of pistachios (about two servings) per day showed an increase in the number of potentially beneficial butyrate-producing bacteria. Preliminary research suggests that butyrate may be a preferred energy source for colonic epithelial cells and may play a role in gut health in humans. It all sounds like a tasty way to give your health a boost.

Although causation has not been established and further studies are needed to validate each of these studies, these three studies are a promising addition to the body of research on pistachios as part of a healthy diet.

Some information for this article was provided by Wonderful Pistachios.



Need a hunger-buster that's delicious and nutritious? Try Wonderful Pistachios®. Just be sure to control your portions, says nutritionist **Keri Gans of the *Shape* Advisory Board.** "One serving is 1 ounce—or 49 nuts. So count them out and bag them." And take them wherever you go.

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food sense // PART 2

Be Part of the Conversation

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Whether you're talking about solving a problem at work or a global issue like growing enough food for our growing population, it's tough for just one person to make a big difference. But when we work together, we can make a bigger impact.

What Does It Mean?

By definition, collaboration is the act of working with someone to produce or create something. In agriculture, farmers, nonprofits, organizations, universities and many others collaborate to help create new solutions for a more sustainable food system. Partnering with others globally brings together diverse perspectives, in order to develop a wide range of solutions.

Why Should We Care?

With the world population expected to reach 9.6 billion by 2050, partnering to tackle some of the world's biggest challenges is increasingly important. Overcoming the challenges that arise from a growing global population requires input from all of us, and the lifestyle choices we all make going forward can affect the lives of our families and our planet.

What Can We All Do To Help?

The more people with diverse perspectives work together, the more possibilities for creative solutions. Both individuals and organizations should look for opportunities to work with others to reach common goals. Help raise awareness about the challenges facing our planet, get involved in your local government, volunteer your time, and donate to charities that support conserving our natural resources.

*Source: United Nations, World Population Prospects: the 2012 Revisions, http://esa.un.org/wpp/Documentation/pdf/WPP2012_Volume-I_Comprehensive-Tables.pdf

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"A few coworkers and I volunteer at a food bank every month. We're able to help sort and distribute food where it's needed most."

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According to the United Nations, 842 million people in the world don't have enough food.
Source: Fao.org/docrep/018/i3434e/i3434e.pdf

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HEALTHIER FISH DISH

If you're making an effort to eat more seafood, then bravo. The fats in fish keep your brain healthy—especially memory and cognition, say researchers from the University of Pittsburgh. Now, there's just one more little thing to do: Prepare it the right way to preserve those perks. "Baking and broiling fish maintain its healthy fatty acids," says study author **Cyrus Raji, M.D., Ph.D.** "But when you fry fish, or even sauté it, the healthy proteins and fats break down, and you get less of a benefit." So remember, fish are in the no-fry zone.

63%

NUMBER OF AMERICANS WHO SAY THEY FIND A DATE MORE ATTRACTIVE WHEN THE PERSON IS WILLING TO TRY NEW FOODS

SOURCE: Ford Mustang dating survey

Low-cal Asian dressing

The secret ingredient to this lighter dressing is powdered peanut butter.

Peanuts are roasted, then up to 75 percent of the oil is extracted to create this powder, which adds peanut-buttery richness to baked goods, smoothies, and more—like this ginger soy dressing.

HOW TO: In a blender or mini–food processor, blend 1 teaspoon grated ginger, 2 tablespoons rice vinegar, 2 teaspoons toasted sesame oil, 2 tablespoons orange juice, 1 tablespoon soy sauce, 2 tablespoons PB Fit, 2 teaspoons agave, the juice from ½ lime, and a pinch of crushed red pepper flakes until smooth. Add 2 tablespoons chopped cilantro and pulse until blended.





Top photograph by Sang An; food styling by Jamie Kimm. Bottom photograph by Hannah Whitaker; food styling by Jamie Kimm; prop styling by Emily Mullin for Kate Ryan Inc.

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3 ways to eat avocados

This healthy, creamy fruit can make practically any dish sing. Food blogger **Elizabeth Nyland,** author of *Cooking with Avocados,* starts us off.

Thicken your smoothies.

Avocados lend a creaminess to blended drinks, similar to the effect you get by adding frozen bananas, but with fewer carbs and more good fat. That means your shake will help you feel fuller longer.

Mix it in salsa.

Varying textures keeps it interesting. Nyland likes a ratio of ⅓ cubed avocado, ⅓ fruit (try mango or strawberry), and ⅓ savory ingredients like corn, beans, or tomato. Then add accents like cilantro, lime, jalapeño, salt, and pepper.

Make vegan mayo.

In a blender or food processor, puree 1 avocado, 1 to 2 tablespoons lemon juice, 2 teaspoons Dijon mustard, and ½ teaspoon sea salt. Stream in ⅓ cup avocado oil or extra-virgin olive oil. The "mayo," will keep in the fridge for three days.

QUICK CRAVING CONTROL

To fight "gotta-have-it-*now*" hankerings, tamp down your levels of ghrelin, the so-called appetite hormone your body pumps out to remind you that you haven't eaten in a while and



that it's time to refuel. After a meal, ghrelin production drops and usually stays low for hours while you digest. It's the counterpart to the hormone leptin, which your body releases to signal when you're full and that it's time to put down your fork.

Keep ghrelin levels in check by getting plenty of sleep and daily exercise. Protein may help too: One study, published in the journal *Clinical Science,* found that diets high in protein suppressed ghrelin longer than high-fat diets. The over-the-counter weight-loss supplement **Vysera-CLS** ($99 for a one-month supply; available at Ulta and Kohl's) contains a bioactive compound that may also help keep ghrelin levels from rebounding temporarily after meals—as well as help prevent moderate blood-sugar spikes—promoting satiety.

Photograph by Will Styer; food styling by Jen Beauchesne

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Eat for... thick, shiny hair

A balanced diet is key to glossy, strong locks, says **Karen Ansel, M.S., R.D.** Eat these foods for a healthy mane, and say goodbye to dull, dry, brittle strands—and bad hair days.

EDAMAME

Since hair is made of proteins, getting enough of this macronutrient is crucial to growing your strands, says Ansel. A half cup of shelled soybeans contains 11 grams.

OYSTERS

Your body needs zinc to form keratin, one of the proteins that makes up your hair (and your nails, too). Just one of these mollusks packs a day's worth of the mineral.

CANOLA OIL

Canola oil is rich in omega-3 fatty acids, which keep your scalp from getting dry, inflamed, and flaky, leading to hair shedding. Splash a little on salad or use it when you're cooking.

BEEF STIR-FRY

The iron in beef is necessary for the production of hemoglobin, which your red blood cells use to transport oxygen to your hair follicles. "Without enough oxygen, your hair may start to thin," says Ansel.



BEEF + PEPPERS = HEALTHY HAIR The red meat provides protein and iron, while the peppers give you some vitamin C, which may help prevent dry, splitting strands.



THE SEA VEGGIE THAT FIGHTS FAT

Could the secret to weight loss be found in the sea? This just might be the case. Evidence keeps piling up that kelp fiber, a natural fiber found in many kinds of seaweed, can slow fat absorption and promote weight loss. One 2014 study from the journal *Food Chemistry* suggested that consuming kelp fiber blocked the body's ability to digest fat from other sources by one-third. And a 2012 Danish study found that kelp-fiber supplements taken daily before meals for three months helped people shed an average of 15 pounds.

This all makes sense, considering that fiber in general, not just the fiber in sea vegetables, may help weight loss—in part by boosting feelings of fullness and cutting down on hunger pangs. And seaweed in general is considered to be a superfood, as it's low in calories yet high in nutrients such as vitamins A and C. Sea kelp can be found in seaweed snacks and in sushi rolls, as well as weight-loss supplements such as **Hydroxycut Appetite Control,** which is available in drugstores and other major retailers.



Top photograph by Alamy. Bottom photographs by Travis Rathbone; food styling by Matt Yohr for Holley Resources

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COLOR CONTRAST Dark red or black grapes stand out best in this light dessert.

Photograph by Hannah Whittaker; food styling by Jamie Kimm; prop styling by Emily Mullin for Kate Ryan Ind. Reprinted with permission from Simply Ancient Grains by Maria Speck (Ten Speed Press, 2015)

Creamy lemon pudding

Whole grains work surprisingly well in sweet dishes. **Maria Speck**, author of *Simply Ancient Grains*, turns millet into a decadent treat.

Lemony Millet Pudding with Caramelized Grapes

Serves: *6*

Cook time: *40 minutes*

Total time: *1 hour (plus 2 hours chilling)*

- ½ cup millet
- ½ cup whole or lowfat milk
- ½ teaspoon vanilla extract
- fine sea salt
- ¾ cup dry white wine or apple juice
- ¼ cup honey
- 2 tablespoons turbinado sugar
- 2¼ cups halved seedless grapes, (about 12 ounces)
- 3 whole cloves or a pinch of ground cloves
- 1 4-inch-by-½-inch strip lemon zest, white pith removed
- 1½ cups whole-milk Greek yogurt
- 2 tablespoons limoncello or apple juice, plus more as needed
- 1½ teaspoons finely grated lemon zest, plus more for garnish

1 In a small saucepan, bring millet and 1 cup water to a boil; lower heat, cover, and cook until water is absorbed, 18 to 20 minutes. Stir in milk, vanilla, and a pinch of salt; return to a simmer, cover, and cook until liquid is absorbed, about 10 minutes. Remove from heat for 5 minutes. Uncover; cool for 25 minutes.

2 Meanwhile, in a medium saucepan, bring wine, honey, sugar, 2 cups grapes, cloves, and zest strip to a boil over medium-high, stirring gently. Cook for about 2 minutes.

3 Place a sieve over a medium bowl; strain grapes into sieve and return liquid, along with cloves and zest, to the pot. Simmer until syrup begins to caramelize, about 7 to 9 minutes. Remove from heat and cool for 15 minutes.

4 When millet and syrup are slightly warm to the touch, remove zest strip and cloves from syrup. Reserve 2 tablespoons of syrup. In a medium bowl, combine remaining syrup, yogurt, limoncello, and grated zest, and beat with a wooden spoon until smooth. Fluff millet with a fork and stir into yogurt mixture. Gently fold in grapes, divide between six bowls, and cover with plastic wrap. Chill for 2 hours.

5 Before serving, garnish with remaining grapes, syrup, and lemon zest.

* ***Nutrition score per serving***
298 calories, 7g fat (5g saturated)

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THE DANGER OF DIETING WITH YOUR GUY

Watching your boyfriend or husband drop pounds (and as a guy, he's more likely to do so quickly) can actually undermine your efforts, says **Colorado State University associate professor Jennifer Jill Harman, Ph.D.** She came to this conclusion after studying 50 couples who made joint weight-loss resolutions. "When people close to us are performing better than we are, we can feel threatened and give up," she says. Her advice: Support each other, but set goals separately.

Your lunchtime game plan

To make a smart choice, decide on your eats in advance. In a study at the Center for Urban Health Policy and Research in Philadelphia, people who preordered lunch online chose meals with 145 fewer calories and 9 fewer grams of fat than those making in-the-moment picks, perhaps because they weren't smelling and seeing unhealthy foods, says study author **Etienne Phipps, Ph.D.** Think about your healthy intentions and select a meal ahead of time (write it down!) or grocery shop for a week of lunches and pack one each day.

When to weigh yourself

In a Cornell University study, dieters shed pounds even if they skipped a few days of weigh-ins. But when they went more than a week between checking the scale, they started to add weight, and after a month, their gains were significant. Since weighing in every day can mess with self-esteem, check in at minimum once a week to stay on track without becoming obsessive, says study creator **Brian Wansink, Ph.D.**, author of *Slim by Design*.



Sandwich photograph by Claire Benoist; styling by Sarah Guido-Lookso for Holley Resources

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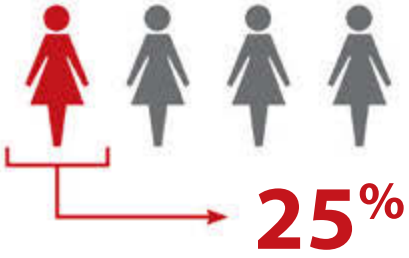
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NOT TONIGHT, I'M TOO TIRED.



WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired…too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down… especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change.



Iron deficiency affects 20% to 25% of the world population,[1] with iron-deficiency anemia the most common type of anemia.

Reference

1. McLean E, Cogswell M, Egli I, et al. Worldwide prevalence of anaemia, WHO Vitamin and Mineral Surveillance Information System, 1993-2005. Public Health Nutrition 2009; 12(4): 444-54.

We all need iron for energy.

Women are especially prone to iron deficiency due to periods, pregnancy, and breast-feeding. In fact, menstruation is the main reason women are 10 times more likely than men to suffer from low iron levels. Just a few consecutive heavy periods can cause iron losses that are difficult to reverse without supplementation.

Iron-deficiency symptom checklist:

Are you iron-deficient?

- ☐ Do you often feel weak?
- ☐ Do you look pale, lack appetite, or feel tired?
- ☐ Are you often cold or chilly?
- ☐ Do you have brittle hair and nails?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient.

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Walking barefoot, cuddling a kitten, slipping into silky-soft PJs: little moves like these can slash stress, ease pain, and make you feel closer to others, research reveals. Here, the science behind sensations that have big mental and physical benefits.
By Joanne Chen

The healing power of touch

Photograph by Guillaume Lechat/Gallery Stock

Picture this scenario: You're on a movie date, watching the on-screen character who slowly peers around a corner as she tries to evade the villain—when suddenly the music swells and he pops up *right behind her!* You jolt, grab your date's arm, and hold on as your heart pounds.

Science is finding there's a real reason you solicit touch in moments of fear, anxiety, and pain, and it's not just for moral support. The answer lies in the millions of sensory receptors found in your skin. When they're activated—by a squeeze, embrace, or massage, for example—they signal the brain to produce hormones, like oxytocin, with powerful painkilling and stress-relieving properties, according to a recent report in the journal *Frontiers in Psychology*.

The unfortunate thing is we tend to only seek out someone's touch when we're hurting or scared. And so we're shortchanging ourselves, because certain sensations can enhance pleasurable emotions too, making you feel happier and closer to loved ones. These tips will help you tap into that power.

WALKING BAREFOOT ON SAND OR GRASS ENHANCES THE BUILT-IN MOOD BOOST YOU GET FROM BEING OUTDOORS.



Hug it out

A warm embrace activates sensory receptors called Pacinian corpuscles, says Tiffany Field, Ph.D., director of the Touch Research Institute at the University of Miami School of Medicine. In response, they send calming messages to the vagus nerve, which extends into the heart, lungs, and stomach. The outcome: Your heart rate slows and your blood pressure drops, making you feel less tense. (Curling up with a furry friend triggers the effect too, Swedish research shows.)

Hugs also appear to bolster immunity: When scientists from Carnegie Mellon University exposed 404 adults to a cold virus, frequent huggers were less likely to get sick than touch-averse participants.

Slip into something soft

We subconsciously associate soft fabrics and objects with childhood (a cozy baby blanket, a parent's loving caress), so feeling softness against our skin triggers a sense of safety and comfort, says Emilana Simon-Thomas, Ph.D., science director at the University of California, Berkeley's Greater Good Science Center. There's research behind it: When you touch something soft, your cortex registers it as soothing. That, in turn, activates the reward centers of the brain. You may not have your blankie anymore, but you can replicate the way it made you feel by making your bed with jersey sheets or splurging on silky PJs.

Feel the heat

Like soft textures, warm sensations may also tap into memories of comfort and being cared for: When people hold warm drinks, they tend to feel "warmer" or more receptive to and accepting of others as well, find researchers from Yale University and the University of Colorado at Boulder. Even the hot feeling of sunlight on your skin may raise oxytocin levels, making you feel more cooperative and less tense, according to new research from Sweden. So ditch the down jacket, slather on some SPF, and soak in the bliss.

Spend time in nature

Just being outside can make you feel upbeat, energized, and less stressed, and touch amplifies these benefits, notes Simon-Thomas. That's especially true right now, when you're finally shedding winter's thick layers and exposing more bare skin—and therefore more sensory receptors—to the elements. To maximize the mood boost you get from the great outdoors, try running your fingertips across flower petals or tree bark, or walking barefoot on grass or sand.

Get regular rubdowns

A massage delivers the same immune-boosting relaxation effects of a hug, and then some: The constant pressure ramps up blood flow throughout the body and keeps it high for 72 hours after, report University of Illinois researchers. This may reduce inflammation, ease pain, and charge energy.

Don't have the time or the funds for a standing appointment? Ask your partner to lend a hand—even a 10-minute rubdown is beneficial. (If he balks, tell him this: Both giving and receiving a massage offer an uptick in oxytocin.) Or use a foam roller on tight muscles postworkout, which counts as a form of self-massage.

Photograph by Terry Doyle

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A case for the quickie

It's no-holds-barred, exhilarating, builds intimacy, and can deliver some very powerful pleasure. Got 5 minutes?

Start off thinking sexy Even if you only have a few minutes to mentally prime yourself, remember an amazing session you once had, or imagine the frenzied, hot intensity you're about to experience—whatever it takes. "Getting your brain in the mood does a lot to prep your body since you're spending less time on physical foreplay," says sex educator Emily Nagoski, Ph.D., author of *Come As You Are*.

Cut to the chase When you're racing against the clock, it's not the time to figure out the logistics (and cantilevered engineering) of some crazy new sex position, notes Nagoski. She suggests opting for the tried-and-true moves you know will do the trick—fast.

Be selfish More clitoral stimulation equals more bliss for most women—and it's easier to orgasm when you're in charge of that, Nagoski says. Position yourself so your clitoris rubs against his pubic bone, or use your (or his) hands or a vibrator to touch yourself.

Let gooooo Climaxing is easier when you're not feeling stressed, says Nagoski. Don't think about performance or what your face looks like or whether he's enjoying himself (he is, BTW). Quickies are messy and unbridled. That's what makes them so thrilling.

Couple photograph by Kalle Gustafsson/Trunk Archive. Pill photograph by Jonathon Kambouris; styling by Jill Edwards for Hatley Resources

57%

AMOUNT OF ADULTS WHO SLEEP NAKED AND SAY THEY'RE HAPPY WITH THEIR RELATIONSHIP. FORTY-EIGHT PERCENT OF THOSE WHO WEAR PJS SAY THE SAME

SOURCE: COTTON USA

Sneaky source of low libido

If your sex drive has been MIA lately, your spring allergy pills could be to blame. Antihistamines dehydrate mucus membranes, which helps ease a runny nose—but can also make it difficult to feel aroused and get lubricated, says naturopathic doctor Laurie Steelsmith, author of *Great Sex, Naturally*. Some types, including Benadryl, can trigger libido-crushing fatigue as well, she adds. Your sex drive will return when you stop taking the meds. But until then, try a non-drowsy antihistamine or nasal spray, which Nitin Bhatia, M.D., of ENT and Allergy Associates in White Plains, NY, says tend to cause fewer libido-limiting symptoms.





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J.Lo talks better body with Dr. Oz

Jennifer Lopez has many tactics in her healthy-body arsenal: drinking lots of water, scheduling 9 p.m. fitness sessions after her twins are asleep, starting her mornings with meditation.... And on *The Dr. Oz Show*, she recently shared her best secret to her amazing body: She works with it, not against it.

After years of exercising with top trainers and nutritionists, the 45-year-old singer, actor, author, entrepreneur, and mom says she's learned that "men's and women's bodies are very different." Women have much more essential body fat than men, for instance—the type that's necessary for good health and gives us our curves (and J.Lo her famous booty). Women also have different protein needs. But as Dr. Oz points out, "A lot of the tests our doctors have done are on men, so we ignore the women." As a result, Lopez realized, "many of the products out there are for men. Like any supplements, any fat-burners... are really for men, they're not for women's bodies and chemistry."

So the star took matters into her own hands, collaborating with BodyLab to introduce health and fitness supplements that have been created specifically for women to boost metabolism, burn excess essential fat, and deliver the right amount of protein for our body's needs. Lopez's BodyLab line includes products like the **Thermodynamic Total Burn** supplement, which is designed to transform stored body fat into fuel, as well as the **7-Day Ultra Slim Fast Kit**, a detox, cleanse, and probiotic that promises to reset metabolism and charge energy ($30 each; bodylab.com).

(Join Jenn's BodyLab challenge now! Visit: bodylab.com/challenge.)



SLIMMING SMOOTHIE To kick-start her day, Lopez blends TastyShake Protein Powder ($22; bodylab.com) with honey, berries, Greek yogurt, and lemon juice.

10 YEARS

How much younger than their biological age dog owners (age 65+) act. Pooch parents also move 12 percent more than the pet-less.

SOURCE: *Preventative Medicine*

A forgetfulness fix

For an instant memory booster, close your eyes. Study participants who watched a video of a theft, and were then asked by researchers to remember certain details ("What was written on the front of the thief's van?") correctly answered 23 percent more questions when they shut their lids, report study authors in the journal *Legal and Criminological Psychology*. Doing so blocks out distractions that might impair recall, making it easier to focus. Try this trick when you're spacing on someone's name, the specifics from a conference call, why you're staring at the fridge....



Jennifer photograph by Getty Images. Bottom photograph by Terry Doyle


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3 Hidden heart risks

The real culprits of heart disease aren't so easy to spot, new science shows. Cardiologist Giovanni Campanile, M.D., calls out the little-known dangers.

Caffeine (if you're sensitive)

For many people, moderate doses of coffee or tea are good for the heart. But if more than a cup or so makes you feel jittery, you may be a "slow metabolizer" of caffeine, which means you break it down very gradually. In this case, drinking just two to three cups a day can actually *raise* your risk of heart attack. You can ask your doctor for a blood test to determine how quickly you metabolize the stimulant or, if you know you're sensitive to it, play it safe and limit yourself to at most one caffeinated beverage a day. Also avoid energy drinks, which often contain too much caffeine, plus unhealthy synthetic stimulants and sugars. Nearly one in five people who drink them have experienced heart palpitations.



Sneaky sources of trans fats

Even foods that say they have 0 grams of trans fats on the nutrition label may actually contain small amounts of the processed fats, which can raise "bad" cholesterol levels and have been linked to stroke and heart disease. That's because the FDA allows products with less than 0.5 grams per serving to say they have none. And even those tiny doses can quickly add up: Eating just three or four servings of these foods a day means you're taking in a gram or more of trans fats. For that reason, I recommend scanning ingredient lists as well as nutrition labels. Avoid anything that contains "partially hydrogenated" oils or shortening—a common alias for trans fats.

Bursts of anger

Your odds of having a heart attack increase nearly five-fold in the two hours after an angry outburst, found a study in the *European Heart Journal*. When you lose your cool, your blood pressure and heart rate shoot up and your blood vessels stiffen, which encourages clots to form. Rageaholics are worse off than those who only lash out on occasion, since chronic anger floods the body with hormones (like cortisol) that cause body-wide inflammation, a known risk factor for heart disease. Practicing just a few minutes of meditation a day can help you keep calm under duress. And when you feel anger mounting, try deep belly breathing, which also helps facilitate a sense of calm.

Giovanni Campanile, M.D., is a Harvard-trained cardiologist, clinical assistant professor of medicine at Rutgers New Jersey Medical School, and director of integrative cardiology, nutrition, and cardiac rehabilitation for Morristown Medical Center in New Jersey. He's also owner of Pazzi Pasta (pazzipasta.com), an organic, ancient-grain eatery in Brooklyn.

Photograph by Claire Benoist

PRESCRIPTION: *YEAST*



Photograph by Getty Images

PERFECT PAIRING
The yeast-based strain proven to nix antibiotic side effects: *Saccharomyces boulardii*.

While taking antibiotics, it's smart to also pop a probiotic to prevent a yeast infection, a common antibiotic side effect. But most women don't take the right type. "It sounds counterintuitive, but a yeast-based probiotic will work best," says Lynne McFarland, Ph.D., who helped research and develop one such supplement called **Florastor** ($22; cvs.com). Most probiotic pills are bacteria-based, which are wiped out by the antibiotic. But yeast-based options will withstand the antibiotic assault and keep an infection at bay.

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When to make a snap decision

There's new science behind the accuracy of instinct. Here, three times to trust your gut.

GETTING SERIOUS WITH A GUY Newlyweds who had negative gut reactions to a spouse's photo were more likely to be unhappy in the relationship four years later, according to research in the journal *Science*. Before making a major decision like moving in together, Judith Orloff, M.D., author of *Intuitive Healing*, suggests asking yourself, "Does this feel right?" Hokey? Maybe, but it can save you heartache later on.

CALLING OUT A LIAR Your intuition is a more reliable gauge than reading body language, say University of California researchers. So if your first reaction is to buy your coworker's excuse about a head cold making him late on your joint project, do it—even if he seems a bit fidgety.

PINPOINTING A HEALTH ISSUE You know your body more intimately than anyone else, so if you feel like something's up for no specific reason, don't let a doctor brush you off, says Orloff. She also advises heeding those occasional urges to take it easy at the gym. They may be your inner voice signaling that you need to take a break.

34%

NUMBER OF PEOPLE WITH "HIGH MENTAL WELL-BEING" WHO EAT FIVE OR MORE SERVINGS OF FRUIT AND VEGETABLES A DAY.

(In contrast, just 7 percent of those who ate virtually no produce were similarly happy, optimistic, and resilient.)

SOURCE: *BMJ Open*

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A TYPICAL SPONGE HIDES MOLD, SALMONELLA AND E. COLI.

How gross is your sponge?

The very thing you rely on to clean is likely the dirtiest object in your house. The average kitchen sponge is teeming with more germs than even a toilet handle, reports a survey by public health organization NSF International. Even if you replace your scrubber as soon as it smells or gets slimy, by that point it's already weeks past its prime, says cleaning pro Linda Cobb, author of *Talking Dirty with the Queen of Clean*. To minimize germ buildup, use a separate cloth or sponge for meat spills and wash it and the sponge in the top rack every time you run the dishwasher. You'll kill more than 99 percent of bacteria and mold, according to a study from the Agricultural Research Service. Replace the cloth every week, and the sponge every four weeks—but if it starts to stink before then, toss it immediately.

Health Equation

TAKE A STAND

Prolonged sitting usually causes blood to pool in the legs, which can lead to damaging inflammation.

SOURCE: *Medicine & Science in Sports & Exercise*

60 MINUTES SITTING + 5 MINUTES WALKING = 0 DECREASE IN BLOOD FLOW IN LEG ARTERIES

Photograph by Adam Voorhes; styling by Robin Finlay



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MOVER & SHAPER

Michelle Davis

Meet your inspiring new mentor and learn why she's making strides in the world of wellness.

She makes veganism cool

Vegans don't have the most fun reputation in the food world, but Michelle Davis is hell-bent on recasting the stereotype from joyless and aggressively crunchy. When she and Matt Halloway, her business partner and ex-boyfriend, started Thugkitchen.com, a vegan cooking site, in 2012, "I wanted to show that vegans can be normal people with a sense of humor and not apologize for wanting to be healthy. We used 'thug' as shorthand for 'badass'—someone who can take care of herself in life and in the kitchen."

She curses like sailor—for a reason

"We swear in real life, so we swear on the site," Davis says. Her liberal deployment of the F-bomb and every other R-rated word gives the site a relaxed vibe. "We wanted to be a contrast to other lifestyle blogs that are so perfect. That's not the world I know. I don't grow my own vegetables on a farm, or any of that sh*t."

She keeps it real and relatable

Although Davis can count celebrities like Gwyneth Paltrow as fans (after the actress gushed about Thug Kitchen on *The Rachael Ray Show*, unprecedented traffic crashed the site), she's proudly an everywoman. Before starting the blog, Davis, 30, had spent eight years earning $25,000 a year working at a grocery store. Her culinary training came by virtue of being the only vegetarian (since age 10; she went vegan at 18) in a family of meat-eaters. "I come from very practical people, so I had to learn to cook. It was my favorite hobby—I got to be creative and eat it! The reward is so tangible."

Her recipes are for normal people, not foragers

A big part of Thug Kitchen's appeal are the delicious-but-not-precious recipes that call for ingredients found at an average supermarket. "In California, we're spoiled, because so much is local and fresh. We keep in mind what everyone else can get, from here to the middle of the country."

She thinks beyond "un-chicken" salad

Davis' advice for vegan cooking and eating: "Don't try to re-create dishes that you would normally make with dairy or meat. You'll notice the absence," she says. "When meat-eaters tell me they want to eat more vegetarian food, I say to take the opportunity to try new stuff. You'll enjoy the meal because it's different and tastes great, and you'll be judging it only on those merits."

—*Amy Zavatto*



COFOUNDER & COAUTHOR

. . .of Thugkitchen.com and of *Thug Kitchen, The Official Cookbook: Eat Like You Give a F*ck*







BADASS FOOD BLOGGER

Top: Michelle Davis hopes the new Thug Kitchen cookbook, written with fellow vegan and Thugkitchen.com co-conspirator Matt Halloway ***(center),*** sparks a plant-food revolution. ***Bottom right:*** Meat-lovers might become converts after sampling dishes like the spring veggie bowl.

Top photograph by Ari Michelson Authors photograph by Craig Washburn. Recipe photograph by Matt Holloway/Thug Kitchen.


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CRUNCH ON



Going slow and steady helped this reader shed 145 pounds.
By Catherine Hong

At her happy weight

When Becky Taylor finished college in 2009, she had plenty to be proud of: The Memphis, TN, native had graduated with honors while juggling part-time jobs and extracurriculars (like playing the bass drum in a marching band). But not all of her achievements were so positive: "I had always been a chubby child, but it wasn't until college that I developed an unhealthy relationship with food," says Becky. "I gained the freshman 15 a few times a year—for each of my four years." By the time she got her diploma, she tipped the scales at 260 pounds—so much so that when the kids she baby-sat tried to coax her onto a trampoline, she couldn't join them because the weight limit was 300 pounds, and their combined weights exceeded that.

Photograph by Tamara Reynolds

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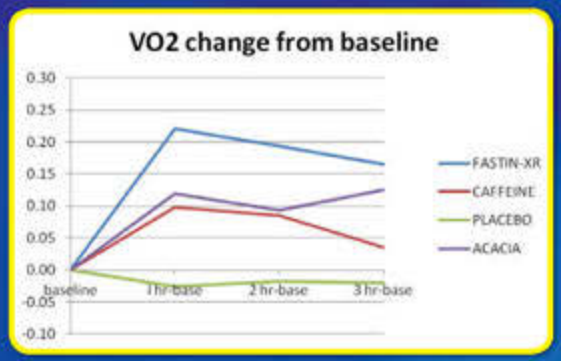
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NAME: Becky Taylor
AGE: 27 **HEIGHT:** 5'1"
HOME: Memphis, TN

Starting weight: 264 lbs
Lowest weight: 119 lbs



Back in Memphis, Becky started working at a day-care center. "A lot of my friends were in serious relationships or getting married," she recalls. "I wasn't looking for a husband, but I was interested in companionship." She started online dating, "narrowing the scope to students or graduates with similar interests as me," she says. But as she scanned profiles of eligible men, she realized she had another standard: "I was rejecting the guys who I felt weren't taking care of themselves, including those who were very overweight," she says.

> "I weigh myself every morning—it reinforces my accountability."

Suddenly an alarm of self-awareness went off. "I wanted to be someone who was confident and took care of herself. I didn't want weight to limit my opportunities." She realized that something had to change. She shut down her computer, threw away the bag of Doritos on her desk, and went for a walk.

THE GRADUAL APPROACH

Since that day, her road to health and fitness was steady—and slow. Over the next 2½ years, she lost 140 pounds. "When people ask how I did it, I think everyone wants to hear that there's one magic ingredient that I left out of my diet, or an exercise that did the trick. But I just started living healthier. And I stopped being stupid: I balanced my meals and tried to stay active." Her first move was to get her portions under control. That meant no more second helpings and, at restaurants, ordering half of her meal in a to-go box, so she wouldn't overeat. Determined not to yo-yo, she made all her changes gradually: For instance, she waited a few months after cutting out seconds before eliminating desserts. Becky also became an obsessive reader of labels. "I learned that all calories are not the same," she says.

She was as self-reliant with exercise as she was with her diet. "I didn't hire a personal trainer," Becky says. She walked, took yoga classes, and learned that she loved being active. Because her goal was always focused on health, she didn't track her progress based on what she saw in the mirror. "I knew that mirrors and scales could be deceiving," she says. "But I gradually realized that my knees didn't hurt as much, that I wasn't sweating as much, and that I could breathe more easily."

LIFE NOW

It's Becky's fifth year of teaching third grade, and during recess she plays basketball with the kids. She has the energy to dance for hours on a Saturday night without tiring herself and jog in the park with her new dog, a border collie mix named Ajax. She jokes that she's "sinfully proud" of her new body: "When people ask if I've lost weight, I want to bellow through the rafters, 'Heck, yes! I can do push-ups! I can see my feet!'"

In 2014, she married "a wonderful man who would love me even if I was fat," and she's looking forward to starting a family someday. "The great thing is, I don't have to worry about all the complications that come with pregnancy and obesity," she says. And when her kids are old enough to jump on a trampoline, she'll probably be right there bouncing with them.

What worked for Becky

Sane mind-set: "If I just keep doing what I know is healthy for my body, then everything will level off in time. Weight fluctuation is normal, and you can't rush something as sensitive and important as your body."

Plateau-buster: "A night out dancing! It's such a workout!"

Scale habit: "I weigh myself every morning—it reinforces my accountability."

Reliable reset: "I switch to light salads for dinner for a few days, and don't eat anything after that until the next morning."

Smallest change with the biggest results: "Drinking only water when I go out to restaurants."

Favorite go-to snacks: "Whole fruit, cut-up vegetables, 100-calorie packs of natural almonds, Orville Redenbacher's Smart Pop! Kettle Korn, anything pickled (asparagus, okra, and cucumbers), and GT's Multi-Green Kombucha."

The food I'd sooner die than give up: "Pasta. I love a big bowl of spaghetti. When I'm at home, I can usually satisfy my cravings by subbing out regular noodles for spaghetti squash or shirataki noodles. Or I make sure the pasta is whole grain, so at least it has some nutritional value."

I never thought _____ would become a habit: "Eating a big breakfast. I used to skip breakfast—usually because I had overeaten the night before. Now, I look forward to my daily breakfast of oatmeal (with flaxseed and Greek yogurt) and an egg on the side!"

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Think about it

Being optimistic pays off. When you believe good news can happen, it often somehow does.

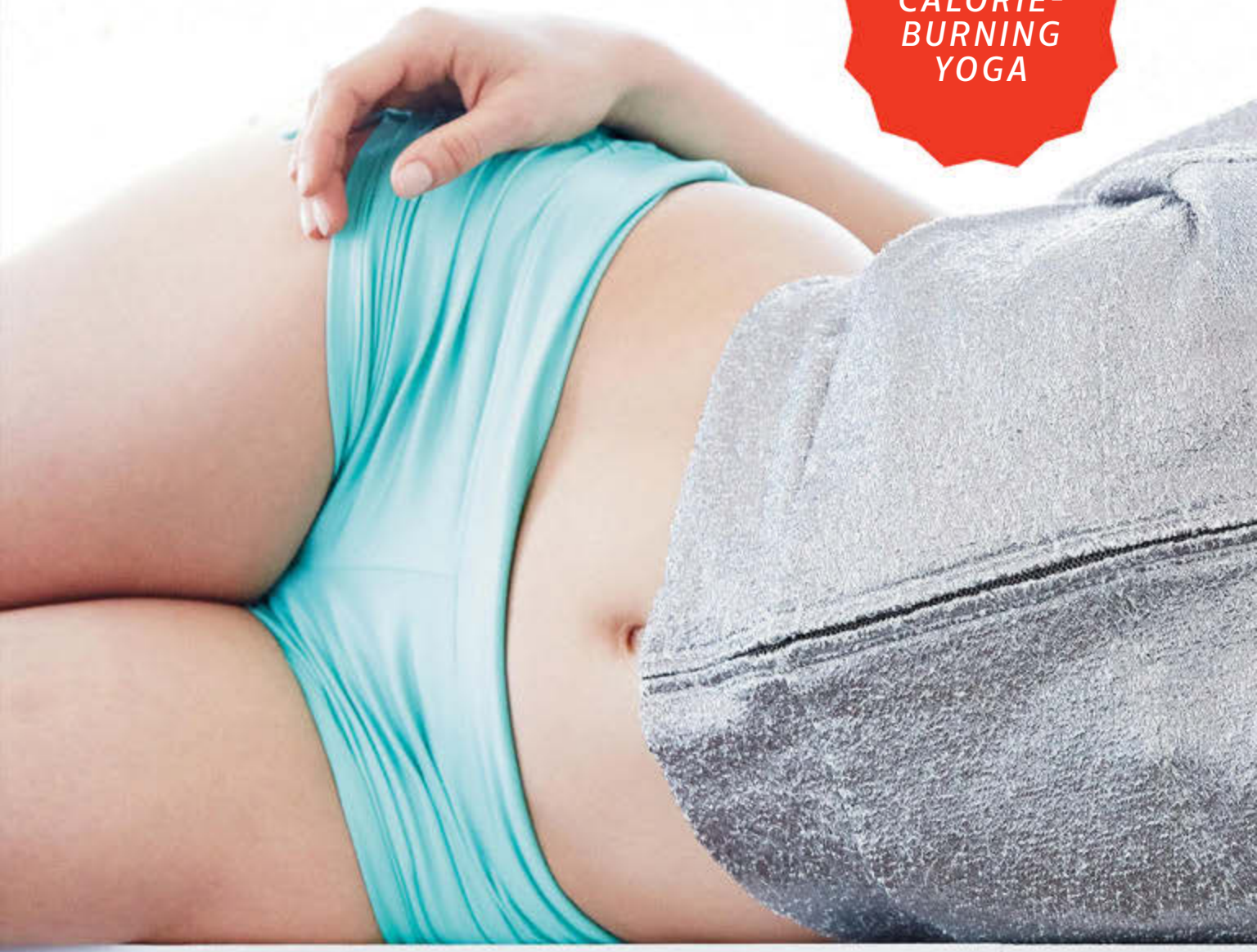
Let's take yoga. That Zen high, those stretchy thighs—what's not to love? But . . .if only it doubled as cardio, burned calories, and behaved like a serious fat-shredding workout. Wish granted. With hopes of giving yoga heart-pumping cred, we found a way.

Eco beauty products. They do good, but do they *look* good? Function optimally? Expectant tinkering makes it possible to now answer "Yes!"

Positivity wins in the hunt for a way to eat well and enjoy it. Goodbye, diets that require militarily-precise portions and timing. We're moving on to a simpler meal style you share with friends and indulge in with a nice bottle of wine. It's healthy, yes. In fact, incredibly so. Keep your mind on the bright side.

Lean, long

CALORIE-BURNING YOGA



Finally: Yoga that builds lean muscle and makes the fat melt away. This just-right blend of sculpting and calorie-torching poses gives you the slim, defined physique you want and the strong, clear mind you need.

& strong



By Jaclyn Emerick

Photographs by Francisco Garcia

STEAL HER STYLE: Martel hoodie. **Mika Yoga Wear** shorts.

If you think yoga is slow and boring, you've never heard of CrossFlowX, a hot New York City class that turns beautiful, strengthening poses (such as arm balances, inversions, and abs exercises) into high-intensity cardio intervals and Kundali Kriyas. What that looks like: chair pose with a bunch of squat pulses, reps of the arm-balance flying crow pose, and "running" in plank.

You get all the strengthening, breathing, and mental benefits of yoga, plus the heart-pumping, fat-melting awesomeness cardio provides. "I couldn't find any other yoga-based class out there that does this, which is why I came up with this programming," says Heidi Kristoffer, creator of CrossFlowX and master trainer at The Movement, a NYC boutique fitness studio. "You can build the most amazing, strongest version of your body—and self—just by exercising with your own weight," she says.

While beautiful, know that her moves are advanced. This workout requires you to balance on your hands, get upside down, rely heavily on your core strength, and do all of this in a way reminiscent of plyometrics. But don't worry if you're a newbie: Kristoffer gives a make-it-easier option for each pose. If you can't do all of the reps or hold a position for the entire time, try it for half, or even a quarter, of the recommended time and work your way up, she suggests. "You need to start somewhere, and even if that somewhere is only a few seconds, you'll see progress every time you attempt it," she says. "It's incredibly motivating." →



"IF YOU'RE HAVING TROUBLE BALANCING, SOFTLY BEND YOUR STANDING LEG. IT WORKS WONDERS FOR STABILIZATION."



Hair by Casey Geren/ABTP.com for Alterna; makeup by Brian Dupree/Judy Casey, Inc. for NARS; manicure by Tatyana Maiot for Chanel Le Vernis

STEAL HER STYLE
Opposite page:
Mika Yoga Wear bra top.
Lululemon leggings.
This page:
Prana bra top.
Mika Yoga Wear leggings.



You can't talk yoga without talking about breathing. When you breathe, you deliver blood and oxygen to your muscles. This is particularly important with yoga because you connect the transition of every movement with each inhale and exhale, Kristoffer explains. This relaxes muscles and enhances flexibility, letting you get deeper into the poses and eventually become stronger, faster. As you go through these moves: Inhale when a posture requires you to expand and open your chest, and exhale during those positions when you contract your chest or fold forward.

"REMEMBER TO BREATHE! WHEN YOU HOLD YOUR BREATH, YOUR MUSCLES GET TENSE, WHICH MAKES IT HARDER TO HOLD ANY POSE, BECAUSE YOUR BODY DOESN'T HAVE THE ABILITY TO ADJUST."



STEAL HER STYLE
Opposite page:
Koral bra top. **Balini Sports** leggings.
This page:
Alternative bra top. **Lululemon** leggings.



STEAL HER STYLE
Opposite page: Alo top. Lululemon shorts. *This page:* Lululemon bra top. Beyond Yoga leggings.

You'll probably fall out of an inversion or lose your balance, but getting back up is more important than how many times you hit the mat, says Kristoffer, who believes that the way you handle trial and error with this workout can translate to how you would overcome challenges in real life. That's why she included so many tough poses in the routine. "You may not know what you're capable of until you try," she says. You're about to find out.

YOUR PLAN

Do each move in order. You'll either hold the pose for time or do reps. Each move indicates how it should be done. Do 1 set. Or, if you're feeling up to it, repeat the workout. Do this workout 3 or 4 times a week on alternate days, and expect to see results in as few as three weeks.

YOU'LL NEED

A yoga mat

"CONSIDER THIS YOUR SWEATY YOGA PARTY. TRY THE ROUTINE WITH HIGH-ENERGY MUSIC. YOU'LL WALK AWAY FEELING CLEAR-HEADED AND HAPPY BUT EXHAUSTED AT THE SAME TIME."



IF YOU WERE TO TAKE this class at The Movement, $1 would be donated to the National Brain Tumor Society. This cause is close to Kristoffer's heart because she lost a parent to brain cancer three years ago. To help fund future research, go to **defeatgbm.org** to donate. For more on Kristoffer's story and studio, go to **heidiyoga.com**.

It's time to move

This tough workout takes focus and drive to master, but the body and brain benefits are so worth it.



1 Standing twist Kriya

Works back, abs, obliques, butt, quads

Stand with feet hip-width apart and extend arms out to sides at shoulder height with palms facing forward to start. Shift weight onto left leg and lift your right leg to hip level as you rotate torso (keeping arms in a *T* position) toward right to grab outside of foot with left hand [shown]. Return to starting position. Switch sides; repeat. Go as quickly as you can for 1 minute.
Make it easier: *If you can't touch your foot, tap the outside of your shin or thigh.*





2 Boat-locust rollover

Works back, chest, abs, obliques

Lie facedown with arms and legs extended on floor. Lift chest and thighs [A]. Release. Roll over your left shoulder, coming to sit on your tailbone, lifting torso and legs to form a *V* shape (arms parallel to floor) [B]. Lower. Roll over your right shoulder. Repeat, alternating the direction you roll each time, for 1 minute.
Make it easier: *Keep your knees bent when faceup or lightly hold your thighs.*



STEAL HER STYLE:
So Low bra top. Olympia Activewear leggings.



3 Spirit dive

Works shoulders, chest, biceps, abs, butt, quads, calves

Stand with feet hip-width apart and arms at sides. Bend over and plant palms on floor 1.5 feet in front of your feet to start. Lift right leg, rising onto ball of your left foot [A]. Push off left foot to float legs up (right leg will bend) and bend elbows toward rib cage to lower body [B], pulling chest forward as you land on left foot in the bottom of a single-leg push-up [C]. Keep leg lifted and roll onto top of left foot, straighten arms, lift chest, and arch back (left leg is about 2 inches off mat). Press hips up to down dog and walk back to starting position for 1 rep. Do 10 reps. Switch sides; repeat.
Make it easier: *Hop only 1 inch off the floor.*





4 Rock-star dip

Works shoulders, back, chest, biceps, butt, quads, hamstrings

Stand with feet hip-width apart and arms at sides. Bend over and plant palms on floor about 3 feet in front of your toes (so body forms an inverted *V* shape) to start. Lift and extend left leg. Bend the knee, opening your hip until you rotate over your left shoulder, lifting and reaching left arm overhead until hips face up. Keep right palm planted with arm straight, bend left knee so toes come to the floor, extend right leg forward with foot rotating so outer edge is on the floor; lift hips and drop head back [A]. Drop right hip to hover 2 inches off floor [B]. Lift hips back to [A] for 1 rep. Do 10 reps. Switch sides; repeat. ***Make it easier:*** *Start from a side plank on your forearm.*



9 Side-plank crunch

Works shoulders, abs, obliques, butt, outer and inner thighs

Get in side plank on your left palm. Reach your right arm over your ear and raise and extend your right leg to start. Bend your right elbow and your right knee to draw them to touch above your right hip [shown]. Return to starting position for 1 rep. Do 10 reps. Switch sides; repeat. ***Make it easier:*** *Do side plank on your forearm or stay on your palm but keep your bottom shin on the ground.*



5 Dancer roll-up

Works abs, butt, quads, hamstrings

Stand with feet hip-width apart and arms at sides. Shift weight onto left leg as you bend right leg back and up to grab outer edge of foot with right hand (lightly press the foot away from you). Keep chest lifted and reach left arm forward and up [A] to start. Slowly bend forward, reaching left hand to the floor, slightly arching your spine [B]. Slowly reverse to starting position for 1 rep. Do 10 reps. Switch sides; repeat. ***Make it easier:*** *Bend your standing leg or reach to a yoga block.*





8 Peaceful half-moon

Works abs, obliques, butt, quads, hamstrings

Lunge with left leg forward, right leg straight, and toes turned out. Reach left arm back and up, gaze up, slide right arm down your leg [A] to start. Shift weight onto left leg and straighten it, reaching left arm to touch floor. Float right leg up and reach arm back and up. Gaze at your hand [B]. Reverse to starting position for 1 rep. Do 10 reps. Switch sides; repeat. ***Make it easier:*** *Bend your standing leg or reach to a yoga block.*



6 Fierce triangle

Works shoulders, chest, triceps, abs, obliques, hamstrings, inner thighs

Stand with feet wide and arms at sides. Rotate your right foot to the right 90 degrees and your left foot to the right 45 degrees. Extend arms overhead, lean torso to the right, and press your hips toward the left. Bend your right elbow to drop your right hand between your shoulder blades and bend your left elbow to reach your left hand up your mid-back to clasp your right hand [shown]. Reach elbows back to open chest and hold for 30 seconds. Switch sides; repeat. ***Make it easier:*** *Just hold the pose with your arms overhead.*

7 Galavasana rock

Works shoulders, chest, triceps, abs, quads, hamstrings, inner thighs

Stand with feet together and arms at sides. Extend arms overhead and lower into a half-squat. Cross right ankle over your left thigh [A] to start. Bend your left knee and fold forward to plant your hands on the floor shoulder-width apart. Hook your right toes around your left triceps and allow your right shin to rest on your upper arms. Lean onto your hands and try to lift your left heel toward your butt [B]. Slowly reverse to starting position for 1 rep. Do 10 reps. Switch sides; repeat. ***Make it easier:*** *If you can't balance on your hands right away, simply put as much weight into your hands as you can. Look forward. The strength will come with practice.*



Discover the Blue Zone

Photographs by Hannah Whitaker



Fresh, quality ingredients that are simply prepared: Food in parts of the world called Blue Zones is easy to make and meant to be enjoyed over laughter and conversation with friends and family...and good wine. Diane Kochilas, collaborating chef at Molyvos in New York City and author of *Ikaria*, brings the flavors of one of these zones—Ikaria, Greece—to your kitchen.

On the Greek island of Ikaria, a tiny, rocky stretch of land in the Aegean sea, the people seem to live forever. It's one of the world's Blue Zones, a term coined by Dan Buettner, author of *The Blue Zone Solution*, to describe pockets on the planet full of healthy 100-year-olds.

The best known of these Blue Zones might be Okinawa, Japan, but others exist: Ikaria; the Ogliastra region of Sardinia; Loma Linda, CA; and Nicoya, Costa Rica. When Buettner and his *National Geographic* team studied the population in each location, they found common threads in lifestyle (less stress, strong faith, social support), as well as diet (mostly plant based, lots of beans, moderate alcohol consumption). His recent work focuses on how to bring the foods and behaviors of the Blue Zones into our communities in the United States.

While Buettner was doing his research, he interviewed Diane Kochilas, a Greek-American chef who had grown up in an Ikarian enclave in *(continued)*

Food styling by Jamie Kimm; prop styling by Emily Mullin for Kate Ryan Inc. Map by L-Dopa



New York City. Kochilas has spent her career bringing the tastes and foods of Ikaria to the United States, most recently as a collaborating chef at Molyvos in New York City and with her new cookbook, *Ikaria: Lessons on Food, Life, and Longevity from the Greek Island Where People Forget to Die.* "I was 12 the first time I visited Greece and experienced that explosion of flavors from really simple food—tomatoes off the vine, cherries right out of the tree," she says. "I can still taste those foods, and they've informed my whole experience as a cook."

Ikaria has historically been a poor place, and people didn't always have much to eat. But what they did have was very high in quality. The island provided them with greens to forage, and they ate in season, with many residents even making their own olive oil. They turned very basic, simple, inexpensive (or even free) foods into delicious meals, staying true to the raw ingredients and letting their flavors shine. That way of preparing food continues to inform Kochilas' cooking, including her mouthwatering, nutrient-packed recipes you'll find here.

Baked Chickpeas

Serves: *6*

Cook time: *4 hours (if using dried beans)*

Total time: *4 hours, 15 minutes (if using dried beans)*

- 1 pound dried chickpeas, soaked overnight, or 8 cups canned, drained chickpeas and reserved liquid
- 6 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 3 bay leaves
- salt
- freshly ground black pepper
- 3 large red onions, halved and sliced
- 3 garlic cloves, cut into slivers
- 1 red bell pepper, cut into ¼-inch rings
- 1 green bell pepper, cut into ¼-inch rings
- 1 yellow bell pepper, cut into ¼-inch rings
- 1 small carrot, halved lengthwise and cut lengthwise into thin (⅛-inch) strips
- 2 large, firm ripe tomatoes, cut crosswise into 6 slices
- ½ cup Greek extra-virgin olive oil

1 If using dried chickpeas, drain and add to a large pot. Add fresh cold water until chickpeas are covered by 2 inches. Bring to a boil, then reduce to a simmer and cook until halfway tender, about 1 hour. Reserving the cooking liquid, drain the chickpeas.

2 Preheat oven to 325°F. Add chickpeas to an ovenproof baking dish. Pour in bean liquid until chickpeas are ⅔ of the way covered. Add herbs and season with salt and pepper.

3 Arrange onions on top of chickpeas, followed by garlic, peppers, and carrots. Add tomatoes and drizzle with olive oil. Cover pan with lid or parchment paper and then foil. Bake for 2 ½ hours. Remove cover and continue to bake until tender, almost all of the liquid has evaporated, and vegetables are almost charred, about 30 minutes more.

✻ ***Nutrition score per serving*** *501 calories, 23g fat (3g saturated), 61g carbs, 17g protein, 17g fiber, 37mg sodium*

BLUE ZONE INGREDIENT

Nearly all the fat in chickpeas is unsaturated, making them a healthy choice for stews, soups, and even snacks. (Ikarians often dry and salt them, eating them like peanuts.) "The cornerstone of every longevity diet is beans," says Buettner.





Collard Green Dolmades Filled with Dried Corn & Herbs

Serves: *6*

Cook time: *45 minutes*

Total time: *50 minutes*

- 24 large fresh collard greens, stems trimmed
- ½ cup Greek extra-virgin olive oil
- 3 large red onions, finely chopped
- 2 cups dried sweet corn kernels (available on amazon.com), soaked overnight in cold water and then drained, or a mix of ¾ cup fresh or thawed frozen corn and 1 ¼ cup coarse bulgur soaked in 1 ¼ cup water for two hours
- 1 bulb fennel, finely chopped
- 1 cup fresh mint leaves, chopped
- ½ cup chopped fresh chervil (optional)
- 1 ½ cup chopped fresh flat-leaf parsley
- salt
- freshly ground black pepper

1 In a large pot of boiling salted water, blanch collard greens for 1 minute. Drain and rinse with cold water. Pat dry and set aside.

2 In a large skillet, heat 2 tablespoons of the olive oil over low. Add onions and cook until very pale golden, about 10 minutes.

3 Combine the corn or corn and bulgur mixture, onions, fennel, and chopped herbs. Season with salt and pepper to taste.

4 Lay one collard leaf flat, and place 2 tablespoons of filling on bottom center. Fold in sides and roll into a cylinder (like a spring roll). Repeat with remaining leaves and filling.

5 To a large, wide pot, add 2 tablespoons of the olive oil. Place dolmades seam-side down, fitting them snugly next to each other. Add enough water to just cover them.

6 Cover the pot and bring to a simmer over medium heat. Reduce heat and cook until leaves and filling are tender, about 30 minutes more. Remove from heat, add remaining olive oil, and serve.

✻ ***Nutrition score per serving*** *302 calories, 21g fat (3g saturated), 28g carbs, 7g protein, 10g fiber, 54mg sodium*



"For this dish, I started with a recipe for a traditional Ikarian cauliflower stew, and created something contemporary."

Whole-wheat Pasta with Cauliflower

Serves: *4*

Cook time: *40 minutes*

Total time: *45 minutes*

- 1 large head of cauliflower, trimmed
- 1 medium orange
- 3 tablespoons Greek extra-virgin olive oil
- 2 large red onions, roughly chopped
- 2 cloves garlic, minced
- salt
- black pepper
- 6 sun-dried tomatoes in olive oil, chopped
- ½ teaspoon ground cumin (plus more to taste)
- ½ teaspoon ground turmeric (plus more to taste)
- ½ teaspoon curry powder (plus more to taste)
- 2 sprigs fresh rosemary
- 1 pound whole-wheat pasta, preferably tagliatelle
- 4 tablespoons ground walnuts

1 Cut the cauliflower in half from the crown to the base. Place each half stem-side down and cut in half again. Slice into thin pieces (they should look like cross sections of florets). Wash well and drain.

2 Wash the orange and cut in quarters, lengthwise. Cut each quarter into small, ¼-inch thick wedges.

3 In a large, deep skillet over medium, heat olive oil and add onion. Cook, stirring, until wilted. Stir in garlic, add cauliflower pieces, and toss to coat. Season with salt and pepper. Stir in orange pieces, sun-dried tomatoes, cumin, turmeric, and curry powder. Add rosemary sprigs to the pan, pour in ½ cup water, cover, and cook until cauliflower is softened but still al dente, about 20 to 25 minutes.

4 Meanwhile, heat a large pot of salted water until boiling. Add pasta and cook until al dente, then drain.

5 Add pasta to the cauliflower pan and toss. Divide among four plates, garnish with ground walnuts and extra olive oil, if desired, and serve.

* ***Nutrition score per serving*** *630 calories, 17g fat (2g saturated), 109g carbs, 23g protein, 21g fiber, 88mg sodium*

Sweet Potato & Arugula Salad

Serves: *6*

Cook time: *15 minutes*

Total time: *20 minutes*

- 1½ pounds sweet potatoes
- sea salt
- 1 large red onion, halved and thinly sliced (you can substitute 1 bunch of scallions, sliced)
- 2 bunches fresh arugula, trimmed and roughly chopped
- ½ cup Greek extra-virgin olive oil
- 3-4 tablespoons red wine vinegar
- 1 cup crumbled Greek feta cheese or goat cheese (optional)

1 To a large pot, add sweet potatoes and cover with 2 inches cold water. Add salt and bring to a boil over medium. Simmer until fork-tender (about 15 minutes). Remove, cool slightly, peel, and cut into 1½-inch cubes. (Alternatively, you can roast, broil, or grill cubed sweet potatoes.)

2 Transfer sweet potatoes to a serving bowl. Add onion and arugula and season with salt to taste. Add olive oil and vinegar and toss to combine. Add cheese if using, toss again, and serve.

* ***Nutrition score per serving*** *277 calories, 19g fat (3g saturated), 25g carbs, 4g protein, 4.5g fiber, 53mg sodium*

BLUE ZONE INGREDIENTS

Potatoes, eaten almost daily in Ikaria, help lower blood pressure and diabetes risk, and prevent inflammation. High-quality Greek olive oil is thick, cloudy, and a deep golden green. Regular consumption may help protect against heart disease.

Reprinted with permission from Ikaria, by Diane Kochilas (Roddale, 2014)



MESMERIZING EYES

A cat eye and long lashes get their graphic drama from a clean swipe of jet-black liner and mascara—a tough challenge for old eco formulas, which never quite delivered dark, long-lasting pigment in a single coat. "Polymers tend to be thin and brittle, so you'd have to layer them to build up the intensity," says Divyesh Patel, research project manager for Aveda Research & Development. But the new iterations have hydrating plant extracts, like jojoba in **ZuZu Luxe Liquid Eyeliner** ($15; gabrielcosmeticsinc.com) and coconut in **Physicians Formula Organic Wear BB Bigger! Better! Lashes Mascara** ($10; drugstores) that provide enough color to create that high-impact, defined eye.

Ariel Gordon earrings. **Rebecca Taylor** top.

eco Beauty goes glam

If you think "planet friendly" means barely there makeup and hippie shampoo that does nada for volume, then you'll be surprised to learn that these bold, beautiful looks were created entirely with earthy products. ***Welcome to the new natural.***

By Kelsey Castañon // Photographs by Arthur Belebeau



Give the planet a hand

NOTICE-ME NAILS

A deep navy mani is a daring twist on the soft blue colors you usually see in spring, says Donna Perillo, owner of Sweet Lily Natural Nail Spa in NYC. "Five-free" polishes don't contain the nasty chemicals formaldehyde, toluene, dibutyl phthalates, camphor, or formaldehyde resin, plus they're chip-resistant, which is key when sporting a dark shade. To get really moody, swipe on three coats of **Jin Soon Nail Lacquer in Blue Iris** ($18; jinsoon.com) instead of two.

Paula Hian dress.

Hair by Herve at Sarah Laird & Good Company using Davines; makeup by Munemi Imai for munskin.com at Honey Artists; manicure by Martha Fekete using Chanel Le Vernis



BIG CURLS

It's all about amped-up texture these days, and finally you can get smooth, bouncy curls without the silicone that formulas traditionally rely on. All-natural **Davines Love Curl Cream** ($23.50; davines.com) uses hydrating almond extract as its defrizzer and volumizer. Use it as a last step, before you let hair air-dry (if you have naturally curly hair) or curl sections with a 1-inch curling iron (if you have straight or wavy strands).

Melinda Maria earrings. Raoul top.



DRAMATIC UPDO

All-natural oomph is possible. Products like **Aveda Volumizing Tonic** ($20; aveda.com) now use wheat amino acids to plump up the hair follicle and give you mega-volume. Spritz damp hair before you blow-dry so that teasing strands into a beehive shape is easier. Set with an eco hairspray. **R+Co Vicious Strong Hold Flexible Hairspray** ($29; randco.com) comes in an (ozone-preserving) aerosol, which delivers the best hold.

Coco Loves Rome earrings. Joe's top.

Eco reaches new heights



STATEMENT LIPS

"In the past, you could forget about getting an intense color payoff with the natural ingredients available on the market," says Patel, "but newly sourced raw materials are mind-blowingly bright." Take the fiery orange shade of **Ilia Lipstick in Voila** ($26, iliabeauty.com); it's made with USDA-certified organic ingredients and is anything but subtle. One swipe is all you need to instantly brighten your entire face.

Helen Ficalora earrings. Do Paris swimsuit.

More . . . *Eco Beauty Goes Glam*

Shop the look

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Tarte Tartiest Clay Paint Liner ($24; sephora.com)

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Tata Harper Volumizing Lip & Cheek Tint in Very Charming ($35; tataharperskincare.com)

LOVE YOUR CURLS
Carol's Daughter Marula Curl Therapy Diffusing & Styling Lotion ($20; ulta.com)

GO FOR THE GLOW
Youngblood Mineral Radiance in Sundance ($43; ybskin.com)

PUCKER UP
Bite Beauty Cashmere Lip Cream in Sherry ($28; sephora.com)

PAINT IT BLUE
Zoya Nail Polish in Ibiza ($9; zoya.com)

GET BOLD LASHES
BareMinerals Lash Domination Volumizing Mascara ($18; bareminerals.com)

PUMP UP THE VOLUME
Ken Paves You Are Beautiful Volumizing Spray ($14; walmart.com)

Still life photographs by Claire Benoist; styling by Sarah Guido-Laakso for Halley Resources

SHAPE
ADVISORY BOARD


Nutrition expert Keri Gans, R.D.N.

We pose a key question to **Keri Gans, R.D.N.,** a New York City–based nutritionist and author of *The Small Change Diet.*

Q: It's a Wednesday night and you only have 20 minutes to cook dinner—what do you whip up?

A: I love a whole-wheat pasta meal with veggies—it's quick, easy, and not a lot of cleanup required. My recipe is packed with fiber, antioxidants, and healthy fats. Heat 1 tablespoon olive oil in a large saucepan. Add 2 cloves chopped garlic. Sauté 1 cup sliced Brussels sprouts and 1 chopped tomato until soft. Then add 2 cups baby spinach and ½ cup cannellini beans. Stir together and heat. Serve over ½ cup cooked whole-wheat penne and top with 2 tablespoons Parmesan.

FITNESS

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Chief Science Officer, American Council on Exercise

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Bart Precourt, D.C.
Holistic practitioner, Seagrove, FL

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Nutritionist, New York City

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Sociologist, University of California, Berkeley's Greater Good Science Center

Lori Fields, LCSW
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Rona Berg
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Jenny Cho
Celebrity hairstylist for Suave

James Corbett
Clairol Color Director

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What rate of perceived exertion (RPE) means

RPE is used to gauge your intensity in cardio workouts. Here are what the numbers in our fitness stories indicate.

RPE 1–2	**Very easy; you can converse with no effort**
RPE 3	**Easy; you can converse with almost no effort**
RPE 4	**Moderately easy; you can converse comfortably with little effort**
RPE 5	**Moderate; conversation requires some effort**
RPE 6	**Moderately difficult; conversation requires quite a bit of effort**
RPE 7	**Difficult; conversation requires a lot of effort**
RPE 8	**Very difficult; conversation requires maximum effort**
RPE 9–10	**Peak effort; no-talking zone**

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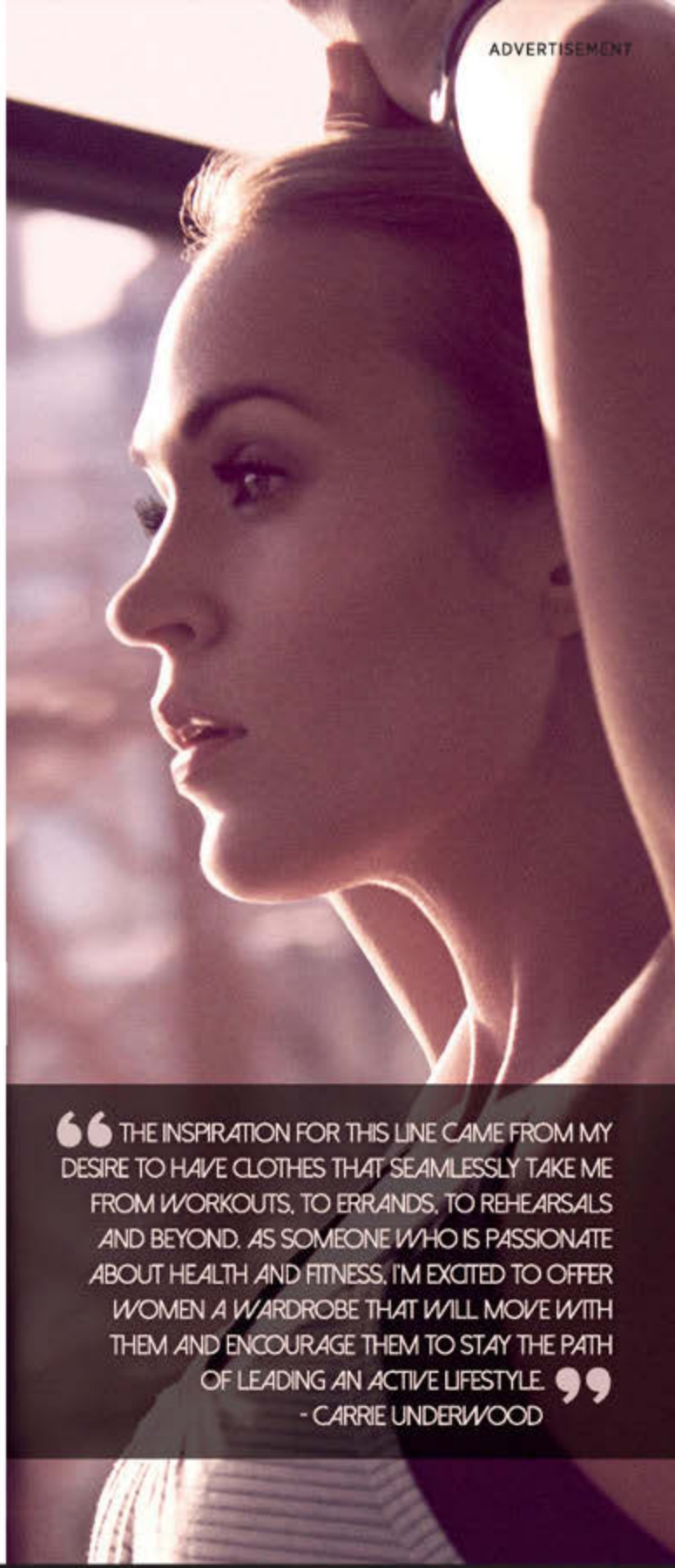
OUR LIFE

active is a lifestyle, so I designed pieces I would
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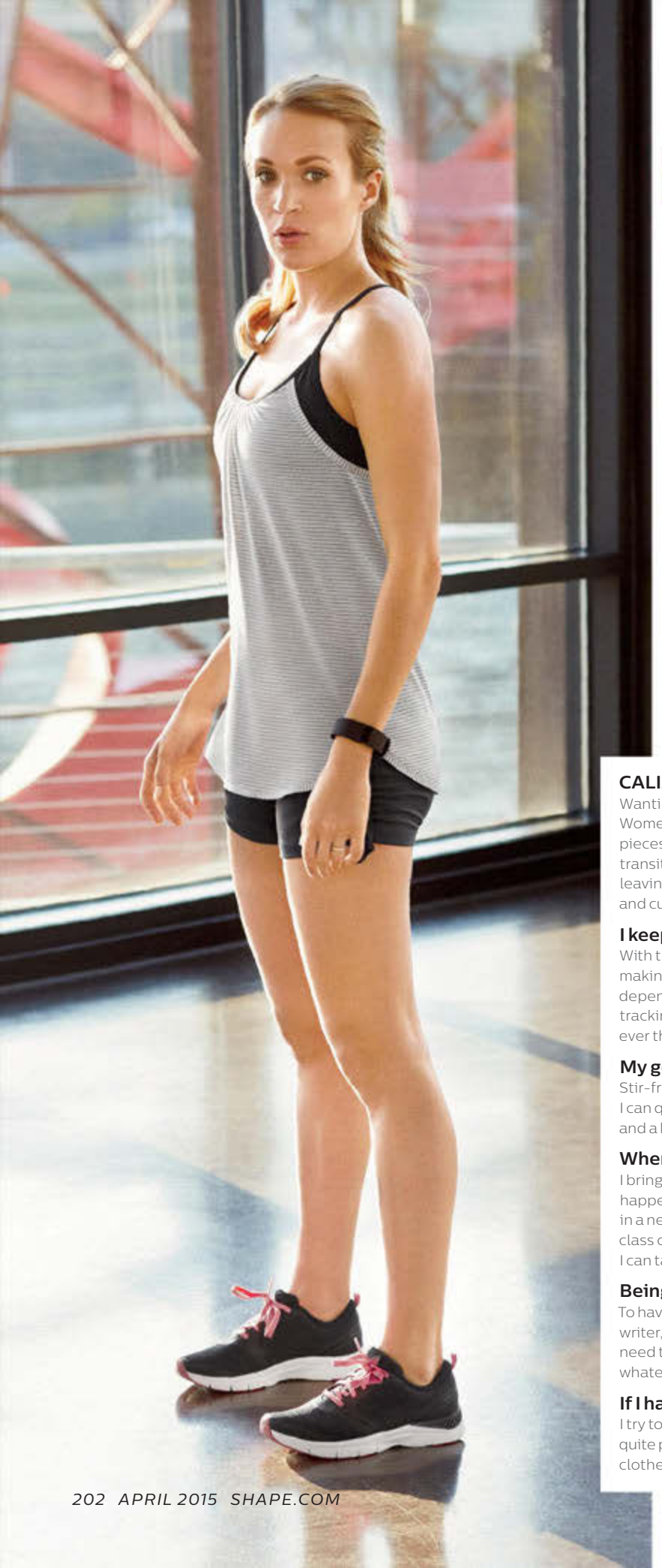
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- CARRIE UNDERWOOD

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COUNTRY STRONG WITH...

Carrie Underwood

The seven-time Grammy winner first shot to fame when she won *American Idol* in 2005, and she hasn't slowed down since. Her latest album, *Greatest Hits: Decade #1,* topped the country charts for seven straight weeks, breaking her own record. Now the singer/songwriter is adding another line to her list of accomplishments: fitness entrepreneur. CALIA by Carrie Underwood, her new workout apparel brand, launches this month at DICK'S Sporting Goods. The line features pieces like floral cropped leggings, no-slip headbands, and tank tops and tees you'll want to live in. The country crooner sat down with us to talk activewear, healthy eating (she'll skip after-show pizza to cook on her tour bus, but splurge on fried food when it's calling her name), and how she gets country strong.

CALIA by Carrie Underwood was inspired by . . .
Wanting to create a lifestyle brand that made women feel good. Women today are busier than they've ever been before and need pieces that can go from the gym to meeting up with friends. I love transitional pieces, like scarves, that you can throw on as you're leaving your workout to make your outfit a little more feminine and cute, even if you're wearing yoga pants.

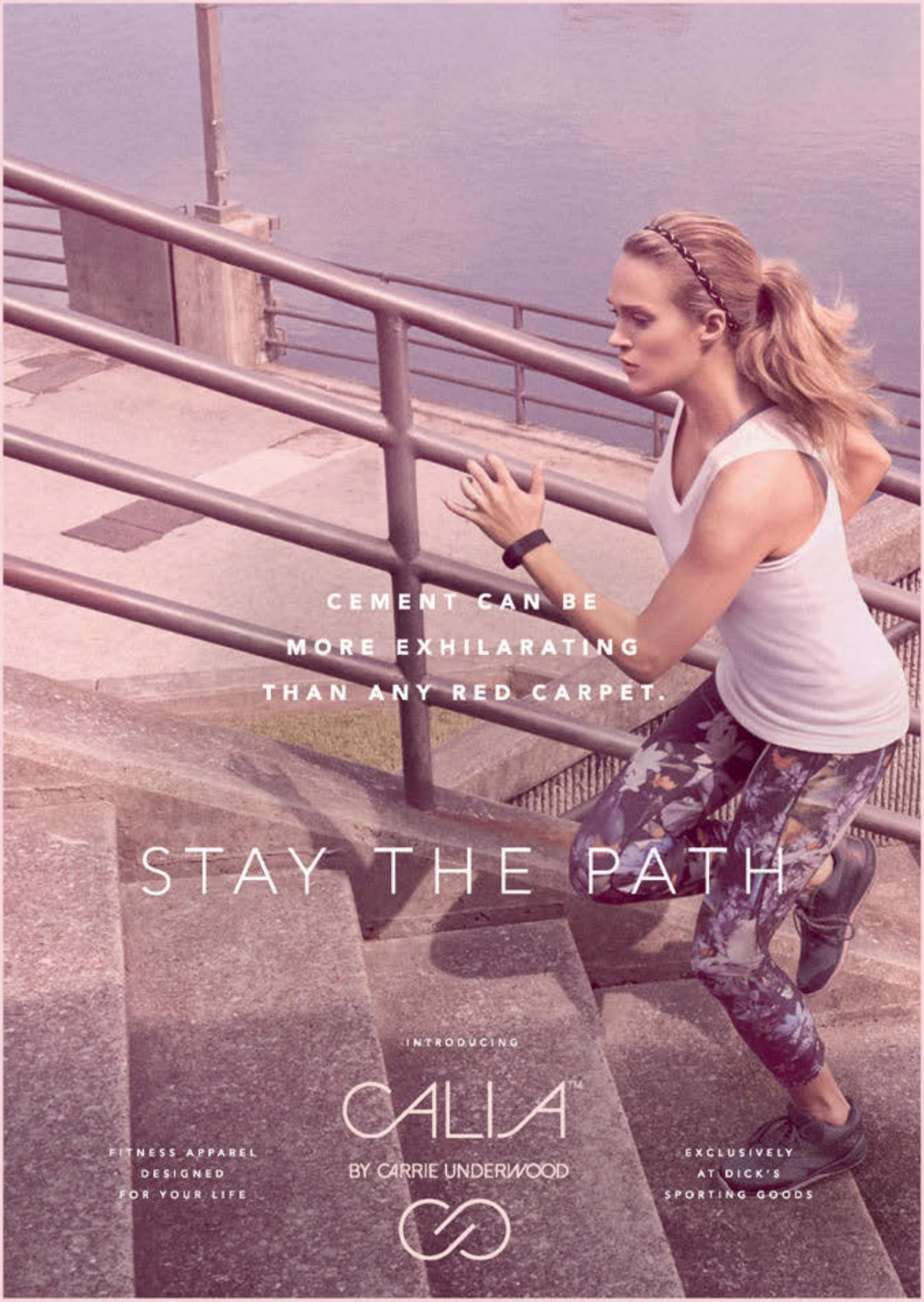
I keep my nutrition in check . . .
With the food journal I've kept for almost nine years! I'm always making sure I have the proper amount of protein and fiber, depending on my current goal. I do love *MyFitnessPal* as far as tracking devices go, and I'm also always on the lookout for whatever the next new trend in wellness is.

My go-to quickie meal is . . .
Stir-fry. Buying pre-cut vegetables takes the prep time out of it, so I can quickly whip up carrots, broccoli, cauliflower, tofu for protein, and a little bit of brown rice or quinoa as a healthy carb.

When I'm on the road . . .
I bring a trainer with me, because trainers can make a workout happen anywhere. If I've got a set of stairs, I've got a workout! If I'm in a new city, I also like to find a local gym and check out an abs class or a legs class, where somebody else is teaching a style that I can take home and add to my own workouts.

Being in my 30s has taught me . . .
To have more confidence in myself as a singer, performer, songwriter, and woman. I know that I can handle a lot. All women need to feel like that. They need to know that they're capable—whatever it is, they've got this! Confidence is so important.

If I have an hour to myself . . .
I try to get a workout in. It makes me feel great, and my job is really quite physical, getting on stage, bouncing around, changing clothes. I want to feel that I'm at my peak physical condition.



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